

BBC

February 2023
DHS15

goodfood

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Middle East

*Let's
celebrate!*

*Valentine's Day ideas for
the perfect meal at home*

- * Raspberry frangipane
croissant bake
- * Tartiflette
- * Orange & soy
salmon parcels

*Genius
DIY
pantry
swaps*

**Microwave
family meals**

ESCAPE TO FLORENCE

Where to stay and indulge in Tuscan flavours

CPI

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ENJOY A DELICIOUS ORGANIC EUROPEAN
POMEGRANATE JUICE FROM GREECE*!

استمتع بعصير الرمان اللذيذ العضوي الأوروبي من اليونان



*إنتاج يوناني: يتم إنتاج عصير الرمان العضوي الأوروبي في اليونان من صنف رمان الوندربول الذي يزرع من أكتوبر إلى أبريل، بعناية خاصة، من قبل مزارعين عضويين ذوي خبرة.

The juice of the European organic pomegranate is produced in Greece from pomegranates of the Wonderful variety that are cultivated from October to April, with special care, by experienced organic farmers. The organic juice is bottled without dilutions, concentrates, preservatives or sugar, pure just as offered by nature, keeping all its vitamins and nutrients and, above all, its wonderful taste!

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إنتاج يوناني | *GREEK PRODUCTION

يتم تنفيذ برنامج BIOPRODUCTS_EU من قبل التعاونية الزراعية لمنتجي الفاكهة والخضروات في Agios Athanasios Drama (ASOP) بهدف التعريف بعصير الرمان العضوي والدور المفيد للمحاصيل العضوية في تغير المناخ والبيئة.

The BIOPRODUCTS_EU program is being implemented by the Farmers' Association of Fruit and Vegetable Producers of Agios Athanasios, Drama (in short, Agios Athanasios ASOP) with the aim of providing information on organic pomegranate juice and the beneficial role of organic crops in climate change and the environment.



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IT'S FROM
EUROPE



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These are a few of
our favourite dishes...

Welcome!

This February, instead of focusing on the usual Valentine's Day menu and dinner for two, you can find a plethora of recipes across the magazine that are suitable for a romantic brunch or supper at home.

Those with a busy schedule can turn to page 22 for *Microwave marvels*, featuring quick and easy midweek recipes, or page 43 for our *Fast & Fresh* recipe ideas for comforting dishes ready in 30 minutes or less. Our cover star, Orange & soy salmon parcel, is apt for those who want a nutritious meal in a jiffy. Discover inventive ways to cook with chicken thighs (p28), parsnip (p32) and seasonal vegetables (p56). Readers can also find inspiration within the health section for energy-boosting breakfast ideas and meat-free recipes – from page 79. Parents in need of lunchbox inspiration can read through our family feature on page 67 and get children to help in the kitchen while following the fourth part of the *Kid's Kitchen series* (p73).

Our travel escape of the month, Florence, offers ample information for your next Italian sojourn. You can also find the latest news in town, hotspots to dine at and culinary experiences for the month ahead.



Nicola Montanelli
Editor



"One-pot recipes mean less washing-up, food waste and having to think of what to cook the next day – if there are leftovers. This vibrant and comforting Fajita chicken one-pot is easy to put together and ideal for a weeknight supper."

Liz Smyth, Group Sales Director



"Being from Mumbai, I love this afternoon snack either sandwiched between soft white bread, in a crusty dinner roll, or on its own. Can't wait to see my family's reaction as I attempt this dish for the first time."

Blanche D'mello, Assistant Editor



"Birria finally gained the recognition it deserved last year and continues to gain momentum. I'll be making these Beef Birria tacos for game night with friends."

Gill Fairclough, Sales Director

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Contents

* UPDATE

4 YOUR SAY

Find out if you won the Star Letter prize.

6 NEWS NIBBLES

The latest in culinary news across the GCC.

9 FLAVOURS OF THE MONTH

Take your pick from our roundup of new
restaurants and menus to try across the
region.

12 TRIED AND TASTED

Two new venues to dine at this month.

14 COOKING PROJECT

Indulge in this hearty fish pie and find
kitchen and shopping hacks.

16 SUPERMARKET SWAPS

Reduce bills and food wastage with these
tips and recipes..

* EASY

22 MIDWEEK MEALS

Microwavable recipes are ideal for days
when you're pressed for time. Try these
easy, wholesome dishes and have meals
ready without turning on your stove.

28 1 INGREDIENT, 3 WAYS

A simple pack of chicken thighs can be
elevated with the right ingredients. Take
your pick from these recipes.

32 VEG BOX STAR

The root vegetable, parsnip, can be used in
sweet and savoury ways. Try these Spiced
parsnip and maple muffins for afternoon tea
or bake it for your partner this Valentine's Day.

36 REDUCE WASTE

Leftover dishes and ingredients can be
spruced up to make new recipes. Try these
quick, simple ideas.



22

★ WEEKEND

38 MAKE YOUR WEEKEND SPECIAL

The comforting recipes are apt for a cosy night in with your loved one, or to share with friends and family.

43 FAST & FRESH

Whip up these dishes in 30-minutes or less.

55 BRINGING GOOD CHEER

Seasonal fruit and vegetables are taken to the next level with a twist on classics.

60 TOM KERRIDGE

This month, the BBC presenter focuses on cauliflower as the star ingredient in a flavour-packed curry.

64 NEXT LEVEL

You're in for a treat if this is your first Tartiflette experience. Take a look at our twist on the French alpine classic that's apt for the season.



55

★ FAMILY

67 FAMILY

Get children to help out with their lunchbox meals for the following day.

73 KIDS' KITCHEN

The fourth part in the series takes a look at frying, with delicious recipes for your children to try under supervision.

★ HEALTH

80 START THE DAY RIGHT

Nutrient-dense breakfast ideas for an energy boost that will keep you going until lunch.

★ COMPETITIONS

101 Gift vouchers, meals and plenty more.



67

84 MEAT-FREE MEALS

From pizza to pasta, spinach rice and chowder, take your pick from these wholesome vegetarian meals to cut back on meat.

★ GOURMET LIFESTYLE

90 IN LOVE WITH FLORENCE

Discover Hotel Lungarno and Tuscan flavours on your next escape.



Our recipe descriptions

V Suitable for vegetarians.

❄️ You can freeze it.

🧊 Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.

gf YOUR SAY

We love hearing from you!



STAR LETTER



I finished 2022 and celebrated the holidays with the recipe guides of *BBC Good Food ME*, and there's no doubt that I started 2023 with it again. The air fryer recipes are amazing, really good for people who are trying to be healthy, and perfect for my target lifestyle this year - to eat healthily and exercise more. The quick and easy recipes are good as well, especially since most of us here don't have much time to prepare

our food. Having *BBC Good Food ME* as a guide for a new recipe is always a game changer for me. My favourite among all the recipes for the January edition was the Pomegranate salmon. I thought it was weird at first, but it was totally a new flavour for me! I now have other options aside from lemon for my salmon. Looking forward to the February edition. Also, congratulations to all the winners of the awards. Hope to see my favourite restaurant win this year!

Sami Ullah



What I loved in the January issue were the Quick and healthy recipes. Well, I do love all but in particular, the Gingery broccoli fry with cashews. My wife has just got a job in Dubai and we live in Abu Dhabi, so she has been travelling daily. I can only imagine how tiring this is! I am not a good cook nor have the time to cook

a special meal, but I have been following your recipes. I need dishes that are easy and fast to make, and most important of all, healthy. These recipes have helped me a lot and my wife too. Time is important here in the UAE, and these recipes are a workaround for everything.

Glenn Moyano



The December issue was full of festive season awesomeness. From treats to baking with my kids (Cornflake cake) and one-pot chicken meals, it was a total lifesaver! I'm also getting a lot of ideas for restaurants to try and for places to visit, which my kids can totally enjoy. This is the first time my kids celebrated Christmas in the UAE, and it was the first time for me to celebrate with them. You guys are definitely a big help with your wonderful ideas to make the season a whole lot better. Thank you in advance!

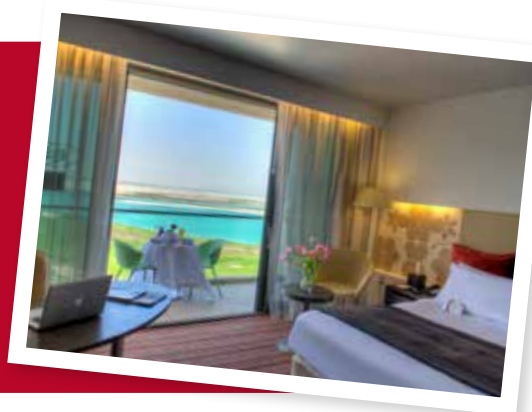
Allyza Beringuel

WIN!

A LUXURY STAYCATION FOR TWO AT CROWNE PLAZA YAS ISLAND, WORTH AED1,000

Enjoy a staycation in a luxury one-bedroom suite with a hearty buffet breakfast at Jing Asia Restaurant and complimentary access to the picturesque Cyan Beach, for a much-needed relaxing break. Head over to Barouk Restaurant for dinner and indulge in authentic Lebanese dishes including hot and cold mezze, succulent grills, and desserts.

To send in your Star Letter and win this prize, visit the Competitions page on bbcgoodfoodme.com



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of *BBC Good Food ME*!

You can also connect with us on social media! Find us on:



Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.



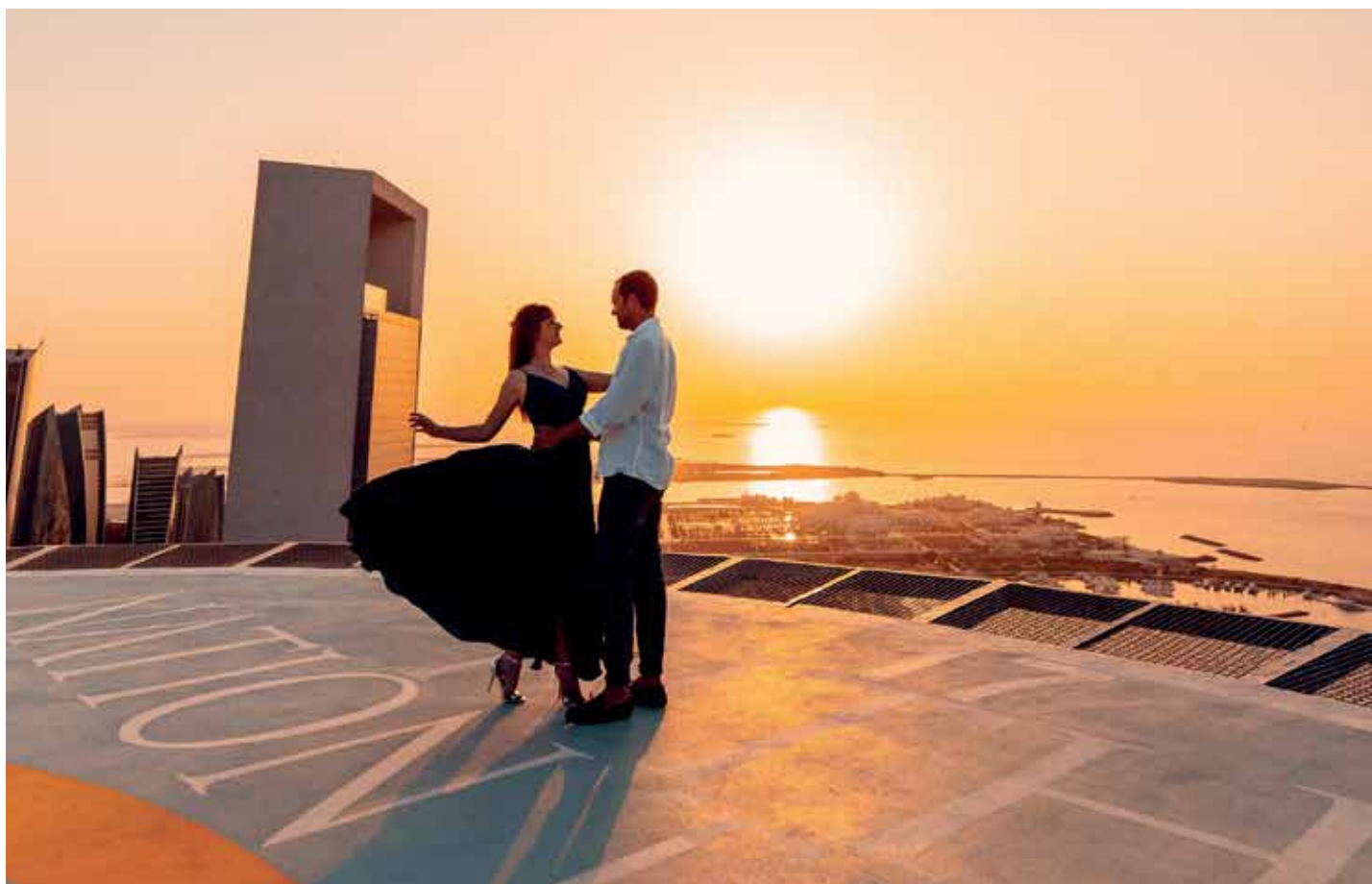
ST REGIS
ABU DHABI

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Celebrate Valentine's Day and treat your significant other to a romantic culinary journey at The St. Regis Abu Dhabi.

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For more information and reservations, please call +971 2 694 4553 or email at restaurants.abudhabi@stregis.com



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MEMBER OF MARRIOTT BONVOY

NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East



HIGHLIGHTING SAUDI FLAVOURS

Residents in Riyadh can now enjoy celebrity chef Mona Mosly's new additions to the specially created menu at VOX Cinemas. The ongoing collaboration that began in September is perfect for moviegoers looking for anything other than the usual nachos, popcorn and cinema offerings. The menu features more than 20 Saudi fusion creations including Kibbeh nachos, BBQ chicken bao, Dukka Madani chicken burger, Halva cookies with Levant ice cream, and plenty more.

Visit ksa.voxcinemas.com for more information.



If your partner is a tea aficionado, look no further than the Mon Amour tea from the Caviar Tea Tin collection as a Valentine's Day gift, featuring an exclusive blend to awaken the senses. This black tea is blended with yellow blossoms and sweet notes of quince, the sacred fruit of the goddess of love, Aphrodite.

AED172 (100gm) at TWG tea boutiques.

THE BEST BITES



FOR THE LOVE OF BREAD & PASTRY

Following the success of Bread Ahead at Dubai Expo 2020, the London export has re-appeared in the UAE at Mall of the Emirates, now serving its iconic sourdough pizza, decadent doughnuts with chocolate ganache, and baked goods. Everything produced at Bread Ahead is developed with the same artisanal approach, whether it's a classic French patisserie or a humble loaf. Make a stop for their delish cinnamon buns, banana cake and filled croissants. Additionally, the brand will launch the Bakery School later this year, to create a community of bakers from all skill levels.

HIRE A PRIVATE CHEF



Hosting an event? Curate your menu with Chef Vanessa Bayma, who inherited her passion for cooking from her fiery Sicilian and Brazilian grandmothers at the tender age of 13. This has led to roles such as Executive Chef, Catering Chef and Consultant for renowned hotels, resorts, private yachts and residences. With over 20 years of hospitality experience, the chef has now established her own bespoke events firm in Dubai, CBC Events by Chef Bayma. From favourite foods to your preferred theme, dietary requirements, a five-course dinner, casual buffet lunch or floating canapés, Chef Bayma curates a unique menu for intimate gatherings and occasions.

Want to learn a new cuisine or host a fun cooking class in the comfort of your home? Chef Bayma can provide hours of entertainment (and learning), as she teaches you and your friends about techniques, tricks and tips through a customised cooking class, followed by a meal.

Visit chefbayma.com.



CAFÉ ALERT!

Americana Restaurants unveiled the first Middle East outpost of Peet's Coffee in the Fashion Avenue at Dubai Mall. The Californian-born brand has pioneered the speciality coffee movement since 1966 and is known for its bold rich flavours and commitment to quality. Coffee is 100% sustainably sourced, per Enveritas standards, ensuring the beans are grown in a way that honours farmers, respects the environment, and recognizes the role of communities.

The flagship store in Dubai features a Discovery Bar for a personalised coffee journey with Peet's signature blend of coffees, ranging from the Cortado to The Black Tie. Highlights include the Churro latte, Artisanal four cheese and Beef bresaola Italian-style sandwiches, and Saffron and Pistachio milk cakes.



THE RAW WAY

To celebrate the brand's 15-year anniversary, RAW has undergone a makeover, unveiling a fresh, sustainable look

Roasting speciality coffee in Dubai since its conceptualization in 2007, RAW was the first speciality roastery in the MENA region. The local startup, founded by Kim Thompson and Matt Toogood, recently took home the accolade for Best Homegrown Coffee Roastery at the BBC Good Food Middle East Magazine Awards 2022.

What makes RAW special? Sourced directly from countries that grow Arabica green beans, the team travel across the globe to form direct trade relationships with partners at origin. Existing in the niche premium segment of the coffee industry, the brand focuses on quality, freshness and taste, boasting seasonal crops from ten different countries with 25 different single origins and four unique designed blends. Furthermore, RAW has no plastic and developed RAW water for coffee, a water treatment system that makes the best-tasting water for coffee with the correct chemical make up. All coffee husks (the by-product from roasting) and used coffee grinds are collected by @beanandbeyond to grow oyster mushrooms - these can be found in numerous dishes on the RAW Coffee Company menu.

This year marks the brand's 15-year anniversary, with RAW refreshing the brand and packaging, further solidifying its commitment to ethical business practices. The desire to drive change within the coffee industry is now extended into the brand's individually designed, tech-forward, and sustainable coffee packaging solution. Drawing from existing core values, based on direct and ethical sourcing of Arabica coffee beans, the brand is now able to extend this accountability and impact on the environment, using the latest available materials and technology.

Advanced innovations in digital printing technology - a material made from recycled plastic milk bottles - and polymer-based inks that are less hazardous pollutants (HAPs and VOCs) are more eco-friendly, creating photo-perfect finishes. The new bags guarantee no moisture, oxygen or aroma entering or leaving the coffee beans, ensuring roasted beans are delivered at their peak freshness. The design and shape of the bag are also made to preserve the freshest beans and the design extends to their apparel, website, sub-brands and retail area. Fully recyclable packaging, including recycled zippers, allows the customer to connect even further using dynamic and secure QR codes on each piece, allowing them to understand the story behind each bag of coffee.

If you want to get your hands on a bag of coffee for the perfect everyday brew at home, or looking for an excellent breakfast spot with an Antipodean menu, make your way to the vibrant industrial café in Al Quoz. Our well-trained team are always on hand to guide you on your coffee journey.



RAW'S SUPER EASY CHOCOLATE CAKE

2 cups sugar
4 eggs
¾ cup cocoa
1 cup plain yoghurt
200g melted butter
2 tsp baking soda
1 ½ tsp vanilla
3 cups self-raising flour
200ml strong brewed coffee or long black
Ganache icing
150g cream
400g chocolate

- 1 Place the ingredients in a food processor and mix for 1 minute. Bake at 160C for 1 hour.
- 2 To make the ganache icing, bring cream to a boil in a saucepan – remove from heat and stir in chopped chocolate.
- 3 Evenly spread the cream over the cake and serve.

Flavours of the *month*

What's hot and happening
around town this month

➤ MOTT 32

The highly anticipated restaurant celebrates the culture and food of modern Hong Kong, with traditional Chinese cookery and culinary innovation. Sited on the 73rd floor of the Address Beach Resort, JBR, the venue features an impressive indoor area, an open-air terrace with stunning views across Bluewater Island, JBR, Palm Jumeirah and the Ain Dubai, and a menu brimming with renowned specialities such as the Apple Wood roasted Peking duck (taking 48 hours to prepare and carved tableside), Jasmine flower smoked black cod, dim sum and curated concoctions.

Contact +9714 278 4832.



➤ AAMARA

The award-winning restaurant group behind Trésind and Michelin Star restaurant Trésind Studio has unveiled a new fine dining concept at VOCO Hotel Sheikh Zayed Road. Embark on a culinary journey at the licensed venue, following the ancient trading route from the Far East to the Mediterranean region, known today as the Silk Route. Paired with a selection of in-house crafted beverages, the menu features cold, small and big plates, and sides that span meat, fish and vegetarian dishes. Highlights include Chaat sundae, Crispy okra with Turkish yogurt and pickled onion relish, Bang bang cauliflower with saffron yogurt and black truffle, Ratatouille samosa, and Stuffed pimento with Egyptian rice and buttermilk curry, to name a few. Finish with Baklava complemented by pistachio crèmeux and rose gelato, or the decadent Shahi tukra with saffron ice cream, amongst other treats.

Contact +97152 573 5723.



Mott 32



ANDINA

Gaining popularity in London's hipster Shoreditch and part of the longest-established Peruvian Restaurant group in London and the UK, Andina Dubai is a laid-back neighbourhood restaurant and Picanteria with a vibrant ambience. Inspired by traditional, family-run Andean eateries, the venue draws upon Peruvian cuisine and finds joy in flavours, people and music. The extensive menu includes their signature ceviches, Grilled octopus, Panca glazed Beef brisket, Salmon tiradito, Beetroot and cauliflower causa, Anticuchos, and more, alongside Latin American-inspired beverages.

andinalondon.com/dubai

LA VILLE HOTEL & SUITES

Located in the heart of City Walk, experience a dreamy Valentine's Day at Chival Courtyard with a special menu for two, grape pairing and views of the iconic Burj Khalifa. Whet your appetite with a bread and cheese selection followed by an amuse bouche. Pan-fried scallops will be served for starters alongside broccolini cream, pickle stems, and a lemon emulsion. Expect a hay-baked Beetroot with tartar and hazelnut butter, Salmon mi cuit accompanied with a carrot fondant, and Beef tenderloin with pomme maxim, a celeriac carpaccio and truffle butter. End with the Chocolate bar starring passionfruit, milk chocolate and sorbet.

8-11pm. AED1,200 per couple. Contact +9714 403 3111.

LE PETIT BEEFBAR



Beefbar needs no introduction! From Monaco to Dubai, Paris, Mykonos, Hong Kong, and the world, the latest concept from the brand, Le Petit Beefbar, stems inspiration from the mother brand to create a refined, cosy restaurant with a lavish touch and an overall chic feel. Nestled at DIFC Gate Village alongside Caviar Kaspia and La Table, the menu presents all-time favourites, the Insane rock corn, Signature bao

buns, the Mini Big K Kobe beef bacon burgers & sauces, Steak, frites and sauce, with an extract of sauce Originale Relais de Paris, and the Relais shawarma, in addition to scrumptious desserts.

Contact +9714 580 2599.



MAIZ TACOS

The homegrown Mexican eatery now serves breakfast classics alongside homemade creations including Chilaquiles (fried tortillas topped with red salsa, a sunny side up egg, and avocado), and a twist on Steak and Eggs (juicy flank steak with fluffy eggs topped with chimichurri salsa on a corn tortilla). The new breakfast menu also includes Maiz Guac with elotes (a Mexican street corn) atop homemade brioche, with cotija cheese, chipotle, coriander and poached eggs, the Impossible chilli con carne huevos burrito and the Torrijas (caramelised cinnamon-soaked brioche bread, topped with bananas, vanilla whipped cream, and chocolate hazelnut crumble), amongst other delectable dishes.

Contact +97150 151 7665.



NORTH MIZNON

Celebrity chef Chef Eyal Shani brings his soulful Mediterranean cuisine and party vibes to Hilton DoubleTree in JBR. With more than 40 restaurants across the globe, from Paris, New York to Miami and Melbourne, this Mediterranean street food eatery focuses on vegetable-forward cuisine alongside fresh, local fish and meat dishes, and is best known for its flavour-packed fine-casual fare. Dine indoors or al fresco where views of lush sea-view garden provide the perfect setting for sunset.

Visit northmiznon.com



📍 GARDEN OF DREAMS

Whisk your partner off to a modern Mediterranean paradise, for a Valentine's Soirée at this outdoor oasis. This lush garden is apt for the occasion or a fun night out with friends. Sip on a complimentary glass of bubbly upon arrival while taking in the stunning views of the ocean and Blue Waters Island. The a la carte menu features Prawns tempura, Grilled sweet corn salad and larger sharing-style dishes including Pizza rugola margharita

From 6pm until late. Available exclusively on Tuesday, 14th February. Contact +9714 220 0224.

📍 MOONRISE



Michelin Guide award-winning Chef Solemann Haddad's intimate eight-seater Omakase concept has expanded to house 12 diners in a new arena-style seating, set around the open prep kitchen. Relish eleven courses from this ingredient-focussed menu, accompanied by refreshing 0% ABV cocktails and teas, and tuck into favourites such as Explosion (Pani puri with foie gras puri, date syrup, saffron and pineapple chutney and autumn truffle), Trip to Masafi (Charred madai, sweet corn, dill, brown butter and bzar), 90's Garlic Bread (1-year-old charcoal khubz, confit garlic & brown miso mornay, 32-month aged comte), Hokkaido

Scallops (Ponzu beurre blanc, fried kelp) and Khoory Kabab (Koji fermented A5 Wagyu farmed in Jordan, alongside celeriac, smoked kabab jus and a shiso bouquet). Diners conclude their experience with Starry Nights, evoking evenings by the fire in the desert.

AED650 per person. Visit moon-rise.xyz or contact +97150 697 2946.

For more Valentine's Day offerings, visit bbcgoodfoodme.com

GCC

📍 EM SHERIF

The fine-dining concept has officially opened its doors on Al Maha Island, Doha, the ultimate entertainment and leisure hotspot. Situated on the pristine shores of the Arabian Gulf, diners can look forward to an expansive sea-front terrace, interiors designed by award-winning Ramy Boutros, showcasing bespoke tiles on the walls with stylish silhouettes of botanical accents and delicate gold leaves, and a distinctive twist to Lebanese cuisine with dishes including the signature Fattoush salad, Wagyu hummus and Em Ali (vanilla-infused milk, nuts and puff pastry).

Contact +974 444 44203.



Tried & *tasted*

Our top dining experiences this month



SUMOSAN

The award-winning contemporary Japanese restaurant has finally opened its doors at The Dubai EDITION, with several global outposts across London, Riyadh, Doha, Berlin, and Moscow. The upscale dining venue offers a laid-back atmosphere with Japanese artistry and craftsmanship, courtesy of the low-hanging lights, warm earthy tones, brass accents, and Japanese-inspired motifs on the ceilings.

It's a quiet Wednesday evening when we visit and as one of the early visitors, we jump at the chance to take a seat across the open-space kitchen to catch an up-close view of all the action. For a quick tour, we noticed the vibrant indoor terrace JBar, boasting unrivalled views of the Burj Khalifa and Address Downtown.

The highlights

Presented with the menu, we instantly notice its brimming with a selection of

dishes drawing inspiration from traditional Japanese culinary techniques infused with a modern twist. To start, we indulge in the freshly made Homemade tacos with piquant Wagyu beef, served in a traditional Japanese leaf plate, with a side of lime for an added sprinkle of zest. The starter, without a doubt, was the star of the show, with an exquisite mild soya and spicy sauce stirred with minced beef. The Crispy chicken Karaage doused in savoury gochujang sauce was served topped with roasted cashew nuts and a side of ponzu sauce. The dish was mopped up as soon as it arrived (guilty as charged), all thanks to its oh-so-moreish sweet and umami notes.

While my dining partner and I aren't fond of raw seafood, we opted for the famed Crispy sushi rice pizza with salmon furikake as it came in highly recommended. To our delight (and one of our favourite orders from the menu), the pizza's crust is made from deep-fried crispy sushi rice topped with



thinly-cut sashimi slices, sesame seeds, and chilli flakes for that hint of spice. The 24-Hour miso marinated black cod and the Wagyu Sando with fries and truffle sauce were our chosen mains. While we waited for our dishes, the resident DJ upped the ante for the remainder of the night with funky tunes. The hearty black cod tucked around a Hoba leaf was tender and cooked to perfection. On the other hand, the Wagyu Sando sandwiched in a home-baked milk bread with a succulent Wagyu fillet in the middle and topped with unagi was exquisite. The fries with creamy truffle sauce on the side only further amped up the experience.

To finish off, Sumosan's iconic Chocolate fondant was a no-brainer. The fondant is hailed for its 20-year legacy because of its skillful presentation and flavour of the chocolate brownie filled with white chocolate, drizzled with matcha and chocolate syrup, all paired with a side of vanilla ice cream – absolutely decadent!

[Book now](#)

Contact +97156 169 6901.



TRÈSIND

One of the city's renowned modern Indian restaurants, Trèsind, recently relocated from Sheikh Zayed Road to a sprawling space at the One&Only Royal Mirage Hotel in Dubai. Flooded with natural light during the day, diners descend to a refined monochromatic-themed venue on the lower ground level, where a large tree sits at the centre, an intimate backlit bar towards one corner, a cellar and private dining room in between, and as you walk further in, the dining space extends to feature views of the lush hotel terrace.

The highlights

Dining at Trèsind is always a mystical experience, one teeming with the colours, flavours and aromas of India. Masterfully curated to embrace all the states, the Premium chef tasting menu (available in vegetarian and non-vegetarian options) is perhaps the best option for those who want to experience signature specials, with a side of theatrics.

The meal begins with an amuse bouche of Arugula pani puri filled with potatoes – to be eaten in one bite – served with a mini clay pot of sweet and spicy water. We poured the liquid into the puffed puri shell, popped it into our mouths and allowed the juices to open up our palates. Green chilli butter was smeared all over the Missi roti (an Indian flatbread made with chickpea

flour) that followed, while the trio of beetroot, cucumber and yoghurt presented in an airy, crisp cone was a cooling bite. The last course within the amuse bouche assortment was a perfectly executed crisp Punjabi samosa served in the shape of a cannoli, topped with tomato chutney.

The signature Modernist chaat trolley has become synonymous with Trèsind, a fixture on the menu since the brand launched in 2014. Bring your phones out for the tableside live-action show, where liquid nitrogen is poured onto ingredients such as dhokla (steamed savoury cake made with a fermented batter of lentils and rice) instantly changing its form. The crumbly mixture is placed onto a crisp tart shell filled with yoghurt, chickpeas, a medley of chutneys, pomegranate and spice powders, for elevated street food that perfectly marries sweet, spicy and savoury flavours with crunch textures.

Believe it or not, that's just the opening, as starters are up next. The glass dish showcases a vibrant yellow Cumin potato espuma that's moreish, topped with prawns, lilac edible flowers and a crisp flower stencil with micro herbs, all served with a side of tomato rasam (South Indian soup) that you sip on after each bite, to complement the flavours. While not typically Indian, the Blackmore Wagyu steak was a succulent serving of meat topped with roasted garlic, accompanied by a



molcajete chimichurri chutney that packs in a punch, and truffle mushroom consommé (another star menu item).

We refreshed our palates with the delightful White chocolate & black lime bonbon cleanser and prepared ourselves for mains. Bowls of Chicken khassi curry, Barramundi salan, and Lamb kofta nihari followed with onion chilli paratha to scoop up the gravies – all packed with robust flavours. The Khichdi trolley rolls by soon after, with ingredients in small white bowls, displayed to resemble India on the map. The comforting dish made with rice and moong lentils is created tableside, served warm with yoghurt.

We knew the team wouldn't let us leave without another impressive show, this time around, for desserts. The Black forest mithai tart serves nostalgia with a twist, as you feast on all the flavours of the iconic cake with a drizzle of caramel, toffee and chunks of meringue. In true Indian style, paan (a mouth freshener and digestive treat) is the finale, taking the shape of cotton candy rather than the traditional form of a rolled-up betel leaf.

Book now

Contact +9714 374 6661 or visit tresind.com.

COOKING PROJECT

Dive in

Spend a little time making our creamy fish pie – it freezes well for busier days



Smoky fish, prawn & bacon pie

SERVES 6-8 **PREP** 30 mins
COOK 1 hr 20 mins **EASY** ✨ 📖

2 tbsp olive oil
1 onion, finely chopped
1 small fennel bulb, finely chopped
4 rashers smoked streaky bacon, chopped, or 200g smoked lardons
50ml non-alcoholic white wine or vermouth
100g unsalted butter
3 tbsp plain flour
600ml whole milk, plus a splash
250g crème fraîche
1 tbsp Dijon mustard
handful of parsley, finely chopped
1 lemon, zested and juiced (optional)
800g floury potatoes, cut into chunks
300g white fish, such as cod or haddock
300g smoked cod or haddock fillet

250g raw peeled king prawns
100g gruyère or cheddar, grated
25g parmesan, grated
2 pinches of cayenne pepper

1 Heat the oil in a large pan over a low-medium heat and cook the onion and fennel with a pinch of salt for 10-15 mins until softened and starting to caramelise.
2 Add the bacon and sizzle for 5 mins until starting to crisp. Splash in the non-alcoholic vermouth and bubble for 1-2 mins until reduced. Stir in 50g butter to melt, then add the flour and quickly stir to make a paste. Pour in the milk, a splash at a time, whisking continuously until you have a smooth, silky sauce. Stir in the crème fraîche, mustard and parsley. Add a little lemon juice or zest.
3 Meanwhile, tip the potatoes into a large pan of water, bring to the boil and cook for 12-15 mins, until tender enough that a knife

easily slides in. Drain well, then leave to steam-dry.

4 Remove the skin and any bones from the fish and cut into large chunks. Put in a baking dish (ours was 20 x 25cm) and scatter over the prawns. Mash the potatoes with the remaining 50g butter and a splash of milk. Stir in half the cheese and a pinch of cayenne pepper, and season well with salt.

5 Pour the sauce over the fish and gently mix to coat. Spoon or pipe the mash on top. Scatter over the remaining cheese and another pinch of cayenne. *At this stage, the pie will keep chilled for up to a day.*

6 Heat the oven to 200C/180C fan/gas 6. Cook for 35 mins (or 40 mins from chilled) until the topping is golden and crisp, and the sauce is piping hot.

GOOD TO KNOW calcium

PER SERVING (8) 864 kcal • fat 56g • saturates 31g • carbs 37g • sugars 9g • fibre 4g • protein 49g • salt 3.5g

Shoot director EMMA WINCHESTER | Recipe photograph HANNAH TAYLOR-EDDINGTON | Food stylist LIBBY SILBERMANN | Stylist FAYE WEARS
Other photographs WESTEND61/GETTY

Test kitchen secrets

Our cookery assistant **Helena Busiakiewicz** shares what she's learned about eggs



● GOLDEN YOLKS

There is something glorious about a bright, sunshine-yellow yolk. But, does this mean it has a better flavour or is more nutritious than a pale yellow one? Most often, the colour of the yolk simply comes down to what the hen is being fed, which can include a small amount of safe colouring. Individual labels will tell you more about how the hen has been reared, so refer to them for more information.

● HOW TO STORE

Egg quality deteriorates rapidly at room temperature (and salmonella bacteria can also multiply much faster), so the fridge is the best place to store them. However, bear in mind that eggshells are porous, so don't store them next to strong-smelling food, as they can become tainted. It is true that room temperature eggs whip up quicker, so if you need to make billowy meringue, pop your eggs in some slightly warm water for 10 minutes before cracking on.

● YOLKS VS WHITES

One of the most amazing things about eggs is that the yolk and white have such different setting qualities, which can be used for different effects in your cooking. For instance, a custard made with more whites and whole eggs will be firm and glossy, whereas one made using only yolks will be tender and creamy.



BUTCHER'S BLOCK

Budget cuts for cooking

These months call for comforting braises and stews – **Jessica Wragg** explores the cheaper cuts that work well for pressure- or slow-cooking

● Beef bones

Your first port of call when it comes to stews and casseroles is a good stock. Bones often are a by-product and go to waste, so many butchers will give them away for free (or near enough). Ask for knuckle or marrow bones, and simmer slowly for hours with onions, herbs and veg. Stock freezes well, so you can make a large enough batch to see you through the winter.

● Brisket

This has grown in popularity in recent years, especially among keen barbecuers. A proper, dry-aged brisket with a good amount of fat won't cost too much, and yet it can be cooked in a number of ways using a

variety of marinades. The best way to use it? Chilli con carne. Chunks of fatty, marbled brisket cooked in a rich, spicy sauce just screams comfort eating.

● Pork hock

Not often cooked alone, but usually used to add flavour to soups, pork hocks – especially gammon hocks – are as economical a cut as they come. When cooked in a pressure cooker or sous vide, then roasted to crisp up the skin, the hock will produce a rich, filling meal that can be enjoyed for a few days.



Jessica Wragg is a London-based butcher. Her book, *Girl on the Block*, is out now. jessicawragg.co.uk

[@jessicawragg](https://www.instagram.com/jessicawragg)



KITCHEN HACK

Make mash in a flash

One of the quickest ways to achieve a creamy mash is to use an electric whisk. Just add softened butter and a splash of milk to cooked, seasoned potatoes, then beat with the whisk until smooth.

Supermarket swaps

Save money – make your own



Stick to your food budget by making simple, homemade versions of your weekly essentials and pantry staples

words and recipes GOOD FOOD TEAM

From fresh bread to easy pasta sauce, swapping just a few ready-made products for homemade alternatives can knock pounds off your weekly shop. Most of these recipes are made using storecupboard ingredients, so they're quick to make at home, and also help you reduce your plastic waste and cut down on your consumption of ready-made foods.

Sauces

A jar of pasta sauce can come in handy if you're short on time, but with the right ingredients, you can make a homemade version in the time it takes to cook the pasta. Tomato sauce is a great base – swirl it through cooked spaghetti and you'll have dinner on the table in 15 minutes.

It can be used in a multitude of other ways, too: add olives, capers and parsley for a puttanesca-style sauce or chillies for an arrabiata; mix with mascarpone, cooked chicken and mozzarella for a creamy pasta bake; or use on pizza bases.

If you can find bunches of basil or other soft herbs at a reduced price, you can make a batch of homemade pesto – that's often more cost-effective than buying jars, plus, you can use up herbs that are slightly past their best. Pine nuts are traditionally used to make pesto, but you can add almonds or cashews instead. And, while fresh pesto doesn't keep for as long as jarred, you can freeze it in portions.

Satay sauce can be made in minutes – use it to marinate chicken, toss through noodles and stir-fries or dress a salad. A jar will keep in the fridge for up to a week. If you're a fan of salads, you can also make classic French dressing: mix extra virgin olive oil with red wine vinegar, Dijon mustard and a pinch of sugar with seasoning. Shake together just before using each time.

Homemade pesto

MAKES 250ml jar **PREP** 5 mins
COOK 15 mins **EASY** **V**

50g pine nuts (or use almonds or cashews)
80g basil or other soft herbs
50g grated parmesan or vegetarian alternative
150ml olive oil
2 garlic cloves

1 Heat a small, dry frying pan over a low heat and toast the pine nuts until golden, shaking the pan occasionally.
2 Put the nuts in a food processor with the basil, parmesan and olive oil. Peel the garlic and add this, then whizz until smooth. Season. *Will keep in a sealed jar in the fridge for a week.*

PER SERVING (1 tbsp) 88 kcal • fat 9g • saturates 2g • carbs 0g • sugars 0g • fibre 0.1g • protein 1g • salt 0.04g





Satay sauce

SERVES 4 PREP 5 mins

COOK 5 mins EASY V

- ½ lime, juiced
- 1 tsp honey
- 1 tbsp soy sauce
- 1 tbsp curry powder
- 3 tbsp smooth peanut butter
- 165ml can coconut milk

1 Combine the lime juice, honey, soy sauce, curry powder and peanut butter in a small bowl. Add a splash of water if it's too stiff.

2 Transfer to a small pan along with the coconut milk and heat for 5 mins over a low heat, stirring continuously until combined.

PER SERVING 158 kcal • fat 13g • saturates 7g • carbs 5g • sugars 4g • fibre 2g • protein 4g • salt 0.6g



Find **tomato sauce** and **salad dressing** recipes at bbcgoodfoodme.com

Bread

If you want to save money and reduce food waste, start by baking your own bread. A simple white loaf made at home can cost about half the price of a shop-bought one, even when factoring in energy costs. Because homemade bread doesn't contain the same additives that mass-produced bread does, it has a shorter shelf life. Wrap

your bread in a clean tea towel or bread bag and store in a bread bin to keep it fresh. You can also freeze loaves, or use leftover stale bread for breadcrumbs, bread & butter pudding or French toast. Flatbreads are also easy to cook yourself and often taste much better than any you can buy in a supermarket.



Soft flatbreads

SERVES 6 PREP 15 mins plus proving

COOK 15 mins EASY V

- 110g self-raising flour, plus extra for dusting
- 110g plain wholemeal or atta flour
- 3 tbsp rapeseed oil, plus extra for the bowl
- small knob of butter, melted

1 Sift both the flours and 1 tsp salt into a large bowl. Add 1 tbsp of the oil and 150ml warm water, and bring the mixture together into a soft but not too sticky dough (you may need up to 175ml water). If it feels too wet, add some flour. If it's too dry, add water.

2 Tip onto a floured surface and knead for 4-5 mins, or until smooth. Put the dough in an oiled bowl, cover and leave to prove for 30 mins.

3 Tip onto a floured surface. Divide the dough into six balls and roll each out into a thin, 18-20cm wide circle. If you like, you can divide again into 12 balls to make smaller flatbreads.

4 Brush a heavy-based pan with oil and cook one flatbread over a high heat for 1-2 mins on each side, or until golden and starting to puff up. Put on a plate and brush with butter. Repeat with the rest of the dough.

PER SERVING 204 kcal • fat 9g • saturates 1g • carbs 26g • sugars none • fibre 3g • protein 4g • salt 1g



Find our **classic white loaf** recipe at bbcgoodfoodme.com/classic-white-loaf

Snacks

Snacks and dips often suffer from some of the most severe price-to-ingredient cost ratios – after all, when we're hungry and reaching for something to fill the gap, cost isn't always our main priority. But, with a little planning, you can prevent spending too much money on expensive snacks.

- Blitz a can of chickpeas, drained, in a food processor to make hummus. It will keep in the fridge for a week – serve with crunchy vegetable crudité or

pittas. You can replace the tahini that's normally in hummus with peanut butter, or leave it out all together.

- If you suffer from mid-afternoon energy dips or often forget breakfast, combine porridge oats with any nuts and/or dried fruits you have to make snack bars that will keep you going until dinner. Wrap them in baking parchment or beeswax wraps, and store in an airtight container for up to a week.

“
When
we're hungry,
cost isn't
always
our main
priority
”



Hummus

SERVES 4 PREP 15 mins
NO COOK EASY V

400g can chickpeas, drained
80ml olive oil
1 large garlic clove, crushed
1 lemon, ½ zested, juiced
3 tbsp tahini or peanut butter
mixed vegetable crudité and
toasted pittas, to serve
(optional)

1 Tip the chickpeas into a food processor along with 60ml of the oil, and blitz until almost smooth.

Add the garlic, lemon zest and juice and the tahini, along with 30ml water. Blitz again for about 2 mins, or until the hummus is smooth and silky.

2 Add 20ml more water, a little at a time, if it seems too thick. Season and transfer to a bowl. Swirl the top of the hummus with the back of a dessert spoon and drizzle over the remaining oil. Serve with vegetable crudité and toasted pittas, if you like.

PER SERVING 380 kcal • fat 28g • saturates 4g •
carbs 9g • sugars 0.4g • fibre 5g • protein 7g •
salt 0.01g

Breakfast bars

MAKES 12 **PREP** 20 mins

COOK 25 mins **EASY** **V**

100g unsalted butter, plus extra for the tin
50g mixed dried fruits (such as a mixture of raisins, sultanas and dried apricots)
50g mixed seeds
140g porridge oats
25g multigrain hoop cereal
100g light muscovado sugar
100g golden syrup

1 Butter a 20cm square cake tin and line with baking parchment. Tip the dried fruits into a large bowl along

with the seeds, oats and cereal, and mix well to combine.

2 Melt the butter, sugar and golden syrup together in a saucepan over a low heat, stirring with a spatula until combined.

3 Remove from the heat and tip the dry ingredients into the saucepan. Mix well to coat. Scrape the mixture into the tin and use the spatula to press it into an even layer. Bake at 160C/140C fan/gas 3 for 20 mins, then leave to cool completely before cutting into squares or fingers.

Will keep in an airtight container for up to three days.

PER SERVING 205 kcal • fat 10g • saturates 5g • carbs 25g • sugars 17g • fibre 2g • protein 3g • salt 0.2g



Honey glazed half-leg Welsh Lamb with crispy parsnips and pears



Prep time: 20 minutes | Cook time: 1 hour 50 minutes | Serves 4

Ingredients

- ½ leg PGI Welsh Lamb (approx. 1.5kg)

For the marinade/glaze:

- 3 tbsp olive oil
- 2 tbsp wholegrain mustard
- 2 tbsp runny honey
- 2 lemons, juice only
- 3 garlic cloves, finely chopped or crushed
- ½ tbsp rosemary, chopped
- 1 tbsp thyme leaves
- ½ tsp black pepper
- ¼ tsp salt
- 3 firm pears, cored and cut into pieces lengthways
- 4 parsnips, peeled and cut into pieces lengthways
- Rosemary sprigs

Method

1. Preheat the oven to 180°C / 160°C fan / Gas 4.
2. Weigh the lamb and calculate the cooking time. For medium, allow 25 mins per 500g plus 25 mins. For well done, allow 30 mins per 500g plus 30 mins.
3. Remove the lamb from the fridge and place on a large roasting tin and, using a sharp knife, make incisions in the lamb.
4. Make the marinade by mixing all the ingredients together. Pour approximately half of the marinade over the lamb, rub into the lamb and allow to stand for 30 minutes at room temperature.
5. Place the lamb in the oven and cover loosely with foil (do not seal). (See step 2 for cooking times).
6. Remove the lamb from the oven 20 minutes before the end of the cooking time, remove the foil, and increase the oven temperature to 190°C / 170°C fan / Gas 5.
7. Coat the pears and parsnips with the remaining marinade and scatter around the lamb in the roasting tin, and add a few sprigs of rosemary. Return to the oven for 20 minutes.
8. Remove the lamb and allow it to rest. Place the roasting tin back in the oven and cook for a further 10 minutes or until the parsnips are cooked, golden and crispy.
9. Serve slices of the roast lamb with the pears and parsnips and drizzle over the juices from the roasting tin.



eatwelshlamb.com

[@eatwelshlambmena](https://www.instagram.com/eatwelshlambmena)

easy

Delicious, simple,
and easy-to-
make recipes

midweek meals

■ microwave marvels, page 22



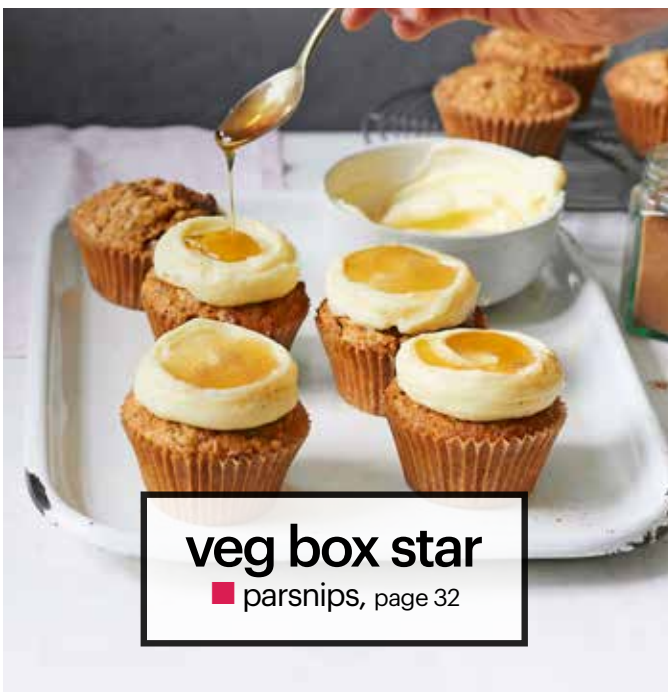
1 ingredient, 3 ways

■ chicken thighs, page 28



veg box star

■ parsnips, page 32



reduce waste

■ love your leftovers, page 36



midweek meals

good food
**COOK
SMART**

microwave marvels

There's no need to turn on your oven or hob
to rustle up these quick and simple recipes

recipes AILSA BURT *photographs* KIM LIGHTBODY

Orange & soy
salmon parcels

gf good to know

All recipes were cooked in a
750W microwave. Please refer to
manufacturer's instructions for
more guidance on cooking times.

Prawn laksa noodle soup



your shopping list

FRUIT, VEG & HERBS

small handful of coriander
7 garlic cloves
15g piece of ginger
1 lime
½ small onion
1 orange
2 pak choi
small handful of parsley
2 red chillies
2 shallots
2 spring onions
1 basil sprig
2 sweet potatoes (about 200g each)

STORECUPBOARD

300g arborio rice
400g can black beans
775ml chicken stock
½ tsp chilli powder
400g can chopped tomatoes
2 tsp fish sauce
1 tsp ground cumin
½ tbsp honey
3 tbsp laksa or Thai red curry paste
400ml can light coconut milk
450ml passata
2 nests of vermicelli rice noodles

1 tsp smooth peanut butter
2 tbsp soy sauce
150ml tomato & garlic pasta sauce
550ml vegetable stock

DAIRY & CHILLED

35g fresh lasagne sheets
30g grated mozzarella
50g grated parmesan
50g ricotta
40g salted butter

MEAT & FISH

2 cooked chicken breasts
150g cooked prawns
2 skinless, boneless salmon fillets

FROZEN

100g frozen chargrilled Mediterranean vegetables
100g frozen sweetcorn

Orange & soy salmon parcels

Gently steaming the fish in baking parchment guarantees a perfectly cooked piece of microwaved salmon.

SERVES 2 PREP 10 mins
COOK 5 mins EASY

2 tbsp soy sauce
1 red chilli, finely sliced (deseeded if you like)
15g piece of ginger, peeled and cut into matchsticks
2 spring onions, finely sliced
1 orange, juiced
½ tbsp honey
2 skinless, boneless salmon fillets
2 pak choi, quartered
sticky rice, to serve (optional)

1 Combine the soy sauce, chilli, ginger, spring onions, orange juice and honey in a bowl. Cut out two large squares from a sheet of baking parchment, and put a salmon fillet and half the pak choi in the middle of each. Bring the parchment up over the fish, pinch and fold the corners together and transfer the parcels to a plate. Divide the sauce between the parcels, then fold the ends in to seal well.

2 Microwave on high for 4-5 mins until the salmon is tender. Pour the sauce over the fish and serve alongside sticky rice, if you like.

GOOD TO KNOW vit c • omega-3 • 1 of 5-a-day
PER SERVING 427 kcals • fat 26g • saturates 5g • carbs 11g • sugars 10g • fibre 2g • protein 36g • salt 2.4g

Prawn laksa noodle soup

Soothing and comforting, this simple soup is packed with flavour.

SERVES 2 PREP 5 mins
COOK 10 mins EASY

2 vermicelli noodle nests
400ml can light coconut milk
3 tbsp laksa or Thai red curry paste
550ml vegetable stock
1 red chilli, finely sliced (deseeded if you like)
1 garlic clove, finely chopped
1 lime, juiced
1 tsp smooth peanut butter
2 tsp fish sauce
150g cooked prawns, peeled
small handful of coriander, leaves picked, stems finely chopped

1 Tip the vermicelli noodles into a heatproof bowl, cover with boiling water and soak for 2 mins, then rinse and drain well. Put the coconut milk, laksa or curry paste, stock, chilli, garlic and lime juice in a large microwave-safe bowl. Cover with a microwave-safe lid or plate and cook on high for 2-3 mins until boiling. Stir in the peanut butter, fish sauce, prawns and coriander stems.

2 Cover again and cook on high for 1 min until warmed through. Divide the noodles between two bowls, pour over the prawn broth, then sprinkle over the coriander leaves to serve.

GOOD TO KNOW fibre • vit c • iron
PER SERVING 506 kcals • fat 24g • saturates 13g • carbs 49g • sugars 7g • fibre 6g • protein 21g • salt 4g

Vegetarian mug lasagne

This is made using a mug or large ramekin – ideal for those cosy nights in snuggled on the sofa.

SERVES 1 PREP 5 mins
COOK 5 mins EASY V


50g ricotta
1 garlic clove, crushed
100g frozen chargrilled Mediterranean vegetables
150ml tomato & garlic pasta sauce
1 basil sprig, leaves picked and finely chopped
35g fresh lasagne sheets
30g grated mozzarella

1 Combine the ricotta and garlic with a large pinch of salt and pepper in a bowl. Put the vegetables and pasta sauce in a large heatproof mug or ramekin. Cover and microwave on high for 3 mins until tender. Season. Stir in half the basil.

2 Spoon two-thirds of the veg mixture from the mug or ramekin into a bowl, then start to layer up the lasagne in the mug. Top the veg mix in the base of the mug with half a lasagne sheet, then spoon over another third of the veg mix and top with another halved pasta sheet and half of the ricotta. Repeat, finishing with the ricotta. Sprinkle over the mozzarella. Microwave on high for 2 mins. Scatter over the remaining basil and some black pepper before serving.

GOOD TO KNOW calcium • 2 of 5-a-day
PER SERVING 404 kcals • fat 19g • saturates 9g • carbs 36g • sugars 14g • fibre 5g • protein 20g • salt 1.6g





Microwave sweet potato & black bean chilli

This recipe can easily be halved for one person, and the chilli can be frozen for another day.

SERVES 2 **PREP** 5 mins

COOK 15 mins **EASY** **V** *****

2 sweet potatoes (about 200g each)

10g salted butter

1 garlic clove, crushed

½ small onion, finely chopped

½ x 400g can black beans, drained and rinsed

½ x 400g can chopped tomatoes

½ tsp chilli powder

1 tsp ground cumin

100g frozen sweetcorn

To serve (optional)

soured cream, guacamole,

coriander leaves and lime wedges

1 Prick the sweet potatoes all over with a fork and put on a microwave-safe plate. Microwave on high for 5-6 mins until tender – a sharp knife inserted into the thickest part should go in easily.

2 Melt the butter in a large microwave-safe bowl, then stir in the garlic and onion. Loosely cover and cook on high for 1 min until softened. Stir in the black beans, chopped tomatoes, chilli powder, cumin and sweetcorn.

3 Cover again and microwave on high for 5 mins until bubbling and hot, then season and spoon this over the sweet potatoes. Top with soured cream, guacamole, coriander leaves and some black pepper, and serve with lime wedges for squeezing over, if you like.

GOOD TO KNOW low fat • low cal • fibre • vit c • iron • 4 of 5-a-day • gluten free

PER SERVING 419 kcs • fat 7g • saturates 1g • carbs 68g • sugars 27g • fibre 17g • protein 13g • salt 0.4g

Chicken & tomato risotto

It's hard to believe that using just a microwave can result in the creamiest of risottos.

SERVES 4 **PREP** 15 mins

COOK 35 mins **EASY**

30g salted butter
4 garlic cloves, crushed
2 shallots, finely chopped
300g arborio rice
775ml hot chicken stock
450ml passata
2 cooked chicken breasts, shredded
50g grated parmesan
small handful of parsley,
finely chopped

1 Melt half the butter in a large microwave-safe bowl, then mix in the garlic, shallots and a pinch each of salt and pepper. Loosely cover and microwave on high for 1-2 mins until softened. Add the rice and stir to coat. Microwave, uncovered, on high for 1 min. Combine the chicken stock and passata in a jug, then pour a third into the rice. Stir well.

2 Cover again and microwave on high for 10 mins, then stir and add half the remaining stock mixture. Return to the microwave on high for 10 mins. Stir in the remaining stock and microwave, uncovered, on high for 8 mins. The stock should be mostly absorbed and the rice almost tender. Mix in the chicken and microwave, uncovered, for 1 min more, then remove and stir in the rest of the butter and most of the parmesan and parsley. Leave to stand for 2 mins, then season well. Scatter over the remaining parmesan and parsley to serve.

GOOD TO KNOW 1 of 5-a-day

PER SERVING 537 kcals • fat 14g • saturates 7g • carbs 67g • sugars 6g • fibre 3g • protein 35g • salt 1.5g



1 ingredient, 3 ways

chicken thighs

We've taken a pack of six skinless and boneless chicken thighs and created three inspiring meals

recipes SAMUEL GOLDSMITH, CHETNA MAKAN & AILSA BURT *photographs* KIM LIGHTBODY



Fajita chicken
one-pot

30-minute
chicken curry



Fajita chicken one-pot

Inspired by a clever Rukmini Iyer traybake, this one-pot makes the most of a classic combination – chicken and chorizo.

Samuel Goldsmith

SERVES 4-6 **PREP** 15 mins

COOK 45 mins **EASY**

2 tsp olive oil
200g cooking chorizo, roughly chopped
6 boneless and skinless chicken thighs, roughly chopped
2 red onions, roughly chopped
2 romano peppers, roughly chopped
1½ tbsp fajita seasoning
400g can pinto beans, drained and rinsed
350g new potatoes, halved, or quartered if large
300ml chicken stock, made with 1 stock cube

3 corn on the cobs, halved or quartered
100g soured cream, to serve
handful of parsley, chopped, to serve (optional)

1 Heat the oil in a large, lidded, heavy-based saucepan over a medium heat and fry the chorizo for 4 mins to release the oils and brown it a little. Remove to a plate using a slotted spoon and set aside. Fry the chicken for 5-6 mins until browned but not cooked all the way through. You may need to do this in batches. Remove with the slotted spoon and set aside with the chorizo.
2 Add the onions and peppers to the pan and cook, stirring often for 6-8 mins until softened and starting to lightly brown. Use a wooden spoon to scrape up any caramelised bits on the bottom and mix them in. Stir in the fajita seasoning and cook for 30 seconds

before returning the chorizo and chicken to the pan.

3 Season with salt and freshly ground black pepper and give everything a good stir. Tip in the pinto beans and potatoes, stir to coat well, then pour in the stock, topping up with water if it doesn't cover the chicken and veg. Bring to a simmer, reduce the heat a little and put the lid on. Simmer gently for 10 mins. Give everything a stir, then sit the corn on the cobs on top.

4 Return the lid to the pan and cook for a further 15 mins. Serve in large bowls, each topped with a spoonful of soured cream and a scattering of chopped parsley, if you like.

GOOD TO KNOW low cal • fibre • vit c

• 2 of 5-a-day

PER SERVING (6) 394 kcs • fat 18g

• saturates 6g • carbs 27g • sugars 8g

• fibre 9g • protein 27g • salt 2.4g

30-minute chicken curry

Here's a delicious curry that always delivers on flavour and is surprisingly easy to make. The spices are storecupboard staples, the technique simple, and it takes less than 10 mins to prepare.

Chetna Makan

SERVES 4 **PREP** 8 mins

COOK 20-22 mins **EASY**

2 tbsp rapeseed or sunflower oil
4 garlic cloves, finely grated
2 green chillies, 1 finely chopped, 1 sliced to serve (optional)
350g passata
1 tsp garam masala
1 tsp ground coriander
½ tsp ground turmeric
½ tsp chilli powder
½ tsp honey
1 tbsp dried fenugreek leaves
2 tbsp double cream

small handful of coriander, leaves picked, to serve
cooked rice, to serve
For the chicken
150g natural yogurt
½ tsp garam masala
½ tsp ground turmeric
½ tsp chilli powder
½ tsp ground coriander
6 boneless and skinless chicken thighs, cut into 2.5cm pieces

1 Heat the oil in a large, lidded saucepan over a medium-high heat, then add the garlic and chopped green chilli. Once these start to sizzle, pour in the passata, then cover and cook over a medium heat for 8 mins. Meanwhile, prepare the chicken. Put the yogurt, all the spices and ½ tsp salt in a bowl, and mix well. Add the chicken and mix until well coated. Set aside and keep covered until needed, or marinate for up to 24 hrs, if you have time.

2 Once the passata is cooked, stir in the spices along with 100ml boiling water from the kettle. Scrape the excess marinade off the chicken and into the pan, then add the chicken, cover and cook over a medium heat for 10-12 mins until cooked through. Add the honey and fenugreek, and mix well. To serve, drizzle with the cream, sprinkle over the coriander leaves and the sliced green chilli, if using. Serve with cooked rice.

GOOD TO KNOW 1 of 5-a-day • gluten free

PER SERVING 315 kcs • fat 21g • saturates 8g •

carbs 9g • sugars 8g • fibre 2g • protein 22g • salt 0.9g

Sticky roasted plum & star anise chicken

When gently spiced, tender chicken pairs well with a sweet, sticky sauce. As an all-in-one dish, this recipe is easy to prepare and brings warmth to a chilly evening.

Ailsa Burt

SERVES 4 **PREP 15 mins**
COOK 30-35 mins **EASY**

6 boneless and skinless chicken thighs
1 tbsp sunflower oil
½ tsp ground allspice
6 plums, halved and stoned
3 shallots, peeled and halved
2 tbsp soy sauce
1 tbsp honey
1 cinnamon stick
2 star anise
100ml chicken stock

sticky rice and steamed pak choi, to serve (optional)

1 Heat the oven to 200C/180C fan/gas 6. Combine the chicken thighs, sunflower oil and allspice in a large roasting tin and season well. Stir in the plums, shallots, soy sauce, honey, cinnamon and star anise, and toss well to combine.

2 Pour in the stock and put in the oven for 30-35 mins, stirring a couple of times until sticky and caramelised. Add a splash more chicken stock if it starts to stick and dry out too much. Spoon any roasting juices over the chicken before serving. Serve with sticky rice and pak choi, if you like.

GOOD TO KNOW vit c • 1 of 5-a-day
PER SERVING 215 kcs • fat 9g • saturates 2g •
carbs 14g • sugars 13g • fibre 2g • protein 19g •
salt 1.3g





Parsnips

Roasting this root veg or cooking it in soup brings out its natural sweetness, but it also works well in bakes

recipe SAMUEL GOLDSMITH photograph DAVID MUNNS

Spiced parsnip & maple muffins

MAKES 10-12 **PREP** 15 mins plus cooling **COOK** 22-24 mins **EASY** V

200g plain flour
2 tsp baking powder
1 tsp ground cinnamon, plus extra to serve (optional)
1 tsp ground nutmeg
125g light brown soft sugar
1 parsnip (around 200g), peeled and grated
100g pecans, chopped, plus 10-12 whole pecans to serve (optional)
3 tbsp maple syrup
3 eggs
125ml vegetable oil
For the frosting
50g icing sugar

50g softened butter
100g soft cheese
1 tbsp maple syrup, plus extra for drizzling (optional)

1 Heat the oven to 180C/160C fan/gas 4. Line a 12-hole muffin tin with paper cases. Sift the flour, baking powder, cinnamon and nutmeg into a large bowl. Tip in the sugar and rub any lumps between your fingers to break them up.
2 Mix in the grated parsnip and chopped pecans, ensuring that everything is fully combined. Pour the maple syrup into a jug and mix in the eggs and oil. Pour the wet ingredients into the dry, and mix with a wooden spoon until nearly combined with a few specks of flour remaining. Spoon about 2 tbsp of the batter into each case, so they're

about three-quarters full. Bake for 22-24 mins until risen and a skewer inserted into the middle of a muffin comes out clean. Leave to cool in the tin for 10 mins before transferring to a wire rack to cool completely.
3 Meanwhile, make the frosting. Sift the sugar into a bowl and beat in the butter using an electric whisk. Fold in the soft cheese and maple syrup. If the frosting is too loose, whisk for a few minutes more or chill until it has stiffened up again.
4 Spoon or pipe the frosting over the cooled muffins, then drizzle over some maple syrup, dust with cinnamon and decorate each one with a whole pecan, if you like.

PER SERVING (12) 313 kJ • fat 18g • saturates 5g • carbs 34g • sugars 19g • fibre 2g • protein 4g • salt 0.4g

MORE WAYS WITH PARSNIPS

Ideas from the Good Food team

Carrot & parsnip soup Fry 2 finely chopped onions in ½ tbsp olive oil with 2 finely chopped celery sticks for 10 mins until softened. Add 2 crushed garlic cloves, the leaves from ½ small bunch of thyme and ½ tsp black pepper. Cook for 2 mins. Add 3 roughly chopped carrots, 2 roughly chopped large parsnips and 1 litre veg stock. Bring to the boil, then simmer for 20 mins. Blend with a hand blender until smooth. Add 100ml double cream and blitz again.

Hasselback parsnips Heat the oven to 180C/160C fan/gas 4. Peel and halve 4 parsnips lengthways. Make deep cuts along them at ½cm intervals, without cutting through. Put on a baking tray lined with baking parchment in one layer, drizzle with 2 tsp olive oil and season. Roast for 20 mins. Mix the juice of ½ orange with 1 tbsp red wine vinegar, 2 tsp maple syrup and the leaves from 4 thyme sprigs. Pour over the parsnips. Roast for 15 mins, basting once or twice.

Parsnip hash browns Peel and coarsely grate 450g waxy potatoes and 350g parsnips. Squeeze out as much liquid as possible, and put in a bowl. Stir in 1 thinly sliced small onion, 1 finely chopped garlic clove and 1 beaten egg. Season. Divide and shape the mixture into six patties. Heat 2 tbsp sunflower oil in a non-stick frying pan and fry three over a low heat for 4-5 mins on each side until golden. Transfer to a sheet of kitchen paper to drain, and repeat with the remaining mixture. Serve with bacon, tomatoes and poached eggs.

...and from our readers

I remember as a student when I wanted to make carrot cake, but we only had parsnips, so I figured they were close enough and used those instead. Parsnip cake does work. Also, if you have a deep-fat fryer, parsnip chips are nice.

Jo Ramsay, Reading

We like them as part of the veg mix in borscht, and as half the mash on cottage pie with some horseradish sauce.

Barbara Rhodes, Leeds

I make parsnip jam, and add raisins and cinnamon for a warming twist.

Ellie Douglas, Poole





FUSION OF FLAVOURS

STEP INTO LA NIÑA, A CONTEMPORARY
IBERIAN LATINO GASTRONOMIC UNIVERSE





D IFC's latest culinary addition, La Niña, exudes an exquisite recipe of bold flavours and daring spices displayed with a profound ambience that celebrates the best of Latino and Iberian cultures. This newly unveiled hotspot, nestled at ICD Brookfield Place tower, stems inspiration from the mystery and romance of voyages at sea, bringing forth a remarkable concept, with a blend of notes from Spain, Portugal and South America.

The show-stopping centrepiece of La Niña, the spectacular main dining room, features the centuries-old tradition of azulejo tiles from Portugal with modish decor elements of a fine-dining establishment, embracing lavish fabrics and opulent furnishings to set the stage. The vibrant bar area provides ample seating to enjoy a carefully curated variety of handcrafted beverages and pairings to enhance your meal.

Immerse yourself in an epicurean journey brimming with culture from the Iberian Peninsula and South America, which have crisscrossed paths throughout history. From breakfast through dinner, the menu combines traditional ingredients with unique textures and techniques to offer diners a worldly dining experience infused with Latino dynamism. Highlights include the caviar atop cured wagyu beef, Gambas al ajillo (Spanish white prawns with guajillo oil), ocean's finest flavours in the Plato de Mariscos, and Carne Criolla starring succulent Wagyu with the zest of salsa and crunch of onions, amongst other sensational specialties.

La Niña is an adventure unlike any other - one that celebrates bold cuisine, intrepid spirits and a sense of gastronomic mystery.



reduce waste

love your leftovers

Use up what's left of our midweek microwave meals

Prawn omelette

Drain the leftover **prawn laksa**, reserving 2 tbsp of the liquid. Mix **3 eggs** with the reserved liquid in a bowl. Add the laksa and season. Heat **1 tsp sesame oil** in a frying pan over a low heat and gently cook the mixture until the bottom is golden. Flip and cook until just set in the middle. Serve with **lime wedges** and **sweet chilli sauce**, if you like.

Risotto fritters

Roll any leftover **risotto** into balls, then flatten into patties. Dust in **seasoned flour**, dredge in a **beaten egg**, then coat in **panko or breadcrumbs**. Heat a little **oil** in a pan over a medium heat and fry for a few minutes on each side until golden. Serve hot with a **green salad** on the side.

Caramelised shallot butter

Thinly slice any surplus **shallots** from the risotto recipe. Cook in a frying pan with a knob of **butter**, drizzle of **olive oil** and generous splash of water over a medium heat for 30 mins until sticky. Leave to cool slightly, then pulse in a food processor with **150g salted softened butter**. Roll into a log using baking parchment. Freeze, slicing off pieces as needed.

Basil smash mocktail

Muddle surplus **basil leaves** from the lasagne in a glass with **2 tbsp lemon juice** and **1 tsp caster sugar** until dissolved. Stir in **25ml non-alcoholic gin** and a few **ice cubes**, and top with **soda or tonic water**.



3 ways with ricotta



Veg & ricotta tart

Heat the oven to 220C/200C fan/gas 7 with a baking tray inside. Mix **200g ricotta** with **1 grated garlic clove**, **1 tsp Dijon mustard** and **25g grated parmesan**. Season. Spread over a **puff pastry sheet** and top with leftover **chargrilled veg**. Bake for 20-25 mins.



Ricotta & chocolate toastie stack

Spread **butter** over one side of four slices of **brioche**. Flip two of the slices over and top with **50g ricotta** and some **dark chocolate**. Sandwich together, buttered-sides out, and fry in a frying pan over a medium heat, flipping once, until golden on both sides. Stack them to serve.



Roasted veg & ricotta salad

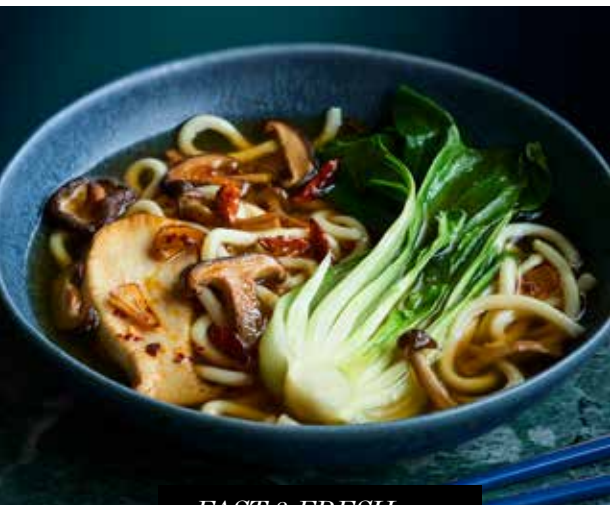
Cook leftover **chargrilled veg** following pack instructions. Toss with a warmed **250g pouch of pre-cooked grains** (like couscous or quinoa), **extra virgin olive oil**, **balsamic vinegar**, **lemon juice** and some seasoning. Spoon over some **ricotta** to serve.

GOOD FOOD & SUSTAINABILITY At BBC Good Food, we seek realistic solutions to avoid food waste and packaging, and adhere to the three Rs: 1) Reducing food waste 2) Recycling packaging 3) Reusing food storage packaging and containers.

To find out more, go to bbcgoodfood.com/reduce-reuse-recycle. Plus, listen to the Food Programme's inspiring Food Waste Pioneers broadcast about people who tackle food waste issues on BBC Radio 4.

WEEKEND

Mouthwatering dishes to dig into with your family and friends



FAST & FRESH, p43



**MAKE YOUR
WEEKEND
SPECIAL, p38**



TOM KERRIDGE

Cauliflower power, p60



NEXT LEVEL

Tartiflette, p64



SEASONAL

Bringing good cheer, p55



new series

MAKE YOUR WEEKEND *SPECIAL*

Whether you want to unwind in the kitchen, cook a crowd-pleaser for family or friends, or get ahead on weeknight meals, we're here to inspire you

recipes CASSIE BEST, AILSA BURT *and* KARLA ZAZUETA *photographs* TARA FISHER

Make a
warming
lunch



Caramelised onion
& sausage soup

Try a twist
on the
familiar



Beef birria

Beef birria

Birria is an amazing broth, originally from Jalisco, Mexico, that's popular now across the country. It's a slow-cooked meat dish with chillies, tomato, onion and spices that create a wonderful, unique flavour.

SERVES 6 **PREP** 25 mins
plus cooling **COOK** 3 hrs 30 mins
MORE EFFORT

1 tbsp sunflower oil
1.5kg braising steak, cut into 15cm cubes
4 guajillo chillies, stem and seeds removed, or dried chillies
1 large ancho chilli, stem and seeds removed
4 arbol chillies; optional
2 medium tomatoes, cut in half
1 medium onion, quartered
2 garlic cloves
½ tsp each dried oregano, ground cumin, ground cinnamon and ground ginger
2 cloves
3 black peppercorns
1 tsp white wine vinegar
2 bone marrow discs (ask your butcher)
15g sea salt flakes

2 bay leaves

To serve

handful of coriander, chopped

1 white onion, finely chopped
spicy salsa

2 limes, cut into small wedges

24 warmed corn tortillas (optional)
grated mozzarella (optional)

1 Heat the oil in a large, heavy-based, ovenproof saucepan over a medium-high heat and brown the braising steak all over, about 8-10 mins. Set aside.

2 Heat a frying pan over a medium heat and toast the guajillo and ancho chillies for 2 mins, making sure not to burn them. If you want the birria to be spicy, add the arbol chillies. Transfer to a lidded saucepan with the tomatoes and onion. Peel the garlic and add this, too. Add 500ml water, cover, bring to the boil, then reduce the heat to a simmer and cook for 5 mins. Turn the heat off and set aside to cool.

3 Transfer the tomatoes, onion and chillies to a blender, reserving the cooking liquor. Add the spices, vinegar and 2 tbsp of the cooking liquor to the blender, then blend until smooth. Heat the oven to 140C/120C fan/gas 1.

4 Put the meat back over a medium

heat, then add the bone marrow, salt and bay leaves. Pass the blended chilli sauce through a sieve into the pan to ensure it's silky smooth. Pour in 1 litre water and the remaining cooking liquor. Cover and transfer to the oven for 3 hrs until the meat is tender and falling apart. After 1 hr 30 mins, season to taste.

5 Remove the meat from the broth using a slotted spoon, transfer to a board and shred using two forks. The broth should have thickened.

6 To serve, put shredded beef in a bowl, pour over the broth, then garnish with the coriander, onion and spicy salsa. Serve with limes on the side for squeezing over. Or, heat a corn tortilla, add some shredded birria beef and garnish with the coriander, onion and a squeeze of lime, and serve the broth on the side in a small cup. To make a quesabirria, heat a corn tortilla, add some grated mozzarella cheese and some of the beef. Once the cheese has melted, pour 1 tbsp of the broth under and over the tortilla, and serve more broth on the side.

GOOD TO KNOW vit c • iron • gluten free

PER SERVING 458 kcals • fat 27g • saturates 8g •
carbs 3g • sugars 3g • fibre 1g • protein 50g •
salt 2.7g

Caramelised onion & sausage soup

While you do have a few onions to chop for this recipe, you will be greatly rewarded for your efforts with a comforting and deeply savoury soup – ideal to warm you up on a cold day.

SERVES 6 **PREP** 20 mins
COOK 1 hr 35 mins **MORE EFFORT**

1 tbsp olive oil
6 Italian-style sausages
2 tbsp unsalted butter
1kg onions, finely sliced
1 tbsp tomato purée
small handful of thyme sprigs
2 bay leaves
200ml non-alcoholic dry white wine
2 litres beef stock
1 tsp Worcestershire sauce
6 small slices of sourdough
100g extra mature cheddar, grated

1 Heat the oil in a large, deep, wide saucepan over a medium heat. Squeeze the sausagemeat out of the skins and crumble into the pan in chunks. Fry for 5-10 mins until golden brown. Remove to a bowl.

2 Melt the butter in the saucepan over a medium-high heat and cook the onions, without stirring, for 5-10 mins until softened and browned around the edges. Stir well and pour in 200ml boiling water from the kettle. Reduce the heat to medium-low and cook for 35-40 mins, stirring frequently until the onions are deeply browned and the water has evaporated. If the onions start to catch, add a splash of water. Stir in the tomato purée and a large pinch of salt. Cook for 5 mins more until the tomato purée has caramelised.

3 Tip in the thyme sprigs, bay and non-alcoholic wine, scraping the

bottom of the pan to release any browned bits, until the wine has reduced almost completely. Return the sausagemeat to the pan, then pour in the stock and Worcestershire sauce. Bring to a simmer and cook for 20-30 mins until the flavours have combined. Season well with black pepper and a pinch of salt, if needed. Fish out the bay leaves and thyme sprigs using a slotted spoon and discard.
4 Heat the grill to high and put six ovenproof bowls on a baking sheet. Divide the soup between the bowls and rest a sourdough slice on the top of each. Scatter over the cheddar evenly and slide under the hot grill for 2-3 mins until the cheese has melted and is bubbling. Leave to cool slightly before serving.

GOOD TO KNOW calcium • fibre • 1 of 5-a-day

PER SERVING 466 kcals • fat 21g • saturates 10g •
carbs 37g • sugars 13g • fibre 7g • protein 22g •
salt 2.6g

Kitchari

This soothing, dhal-like dish is linked to Ayurvedic cleanses (an ancient system of alternative medicine from India) and is great for a new year reset.

SERVES 4 **PREP** 15 mins

COOK 50 mins **EASY** **V**

1 tbsp ghee
1 small cauliflower, stalks and florets finely chopped
2 carrots, finely chopped
15g piece of ginger, peeled and grated
1 tsp ground cumin
½ tsp each black mustard seeds, fennel seeds, ground coriander and ground turmeric
150g moong dal, rinsed and drained (available in specialist shops and large supermarkets)
100g basmati rice, rinsed and drained
small handful of coriander, finely chopped
1 lime, cut into wedges

1 Melt the ghee in a large flameproof casserole or saucepan over a medium heat. Stir in all the cauliflower and carrots, and season lightly. Fry gently for 10 mins until the vegetables have softened and taken on a bit of colour.

2 Tip in all the spices and fry for a further 2 mins until fragrant. Pour in the moong dal and rice, and stir to coat in the spices. Season with salt and pour in 1.25 litres water. Bring to a simmer and cook for 45 mins, stirring occasionally until the beans and rice are fully tender and have broken down. The texture should be porridge-like. Season to taste and sprinkle over the coriander. Serve with the lime wedges on the side for squeezing over.

GOOD TO KNOW

healthy • low fat • low cal •
vit c • 2 of 5-a-day •
gluten free

PER SERVING 271 kcs • fat 6g

• saturates 3g • carbs 40g •

sugars 4g • fibre 4g • protein 13g

• salt 0.1g



**Feel-good
dinner**

Raspberry frangipane croissant bake

If you love almond croissants, you'll adore this luxurious brunch dish. You can serve it as dessert, too, with cream, yogurt or ice cream. It's a great way to use up any leftover croissants.

SERVES 8 **PREP** 25 mins plus soaking
COOK 30 mins **EASY** **V**

100g butter, softened, plus extra for the dish
100g caster sugar, plus 1 tbsp
150g ground almonds
1 tbsp self-raising flour
½ tsp almond extract
3 eggs
100g crème fraîche, plus extra to serve
300ml whole milk
½ tsp vanilla extract
4 croissants
150g fresh or frozen raspberries
25g flaked almonds
yogurt, cream or ice cream, to serve (optional)

1 Butter a baking dish (ours was 18 x 26cm) and set aside. Put the butter, 100g caster sugar, the ground almonds, flour and almond extract in a bowl, then crack in 1 egg. Beat the mixture with an electric whisk until you have a smooth frangipane, about 2 mins.

2 Crack the remaining eggs into a large jug and whisk with the crème fraîche, milk, vanilla and 1 tbsp caster sugar to make a smooth custard.

3 Tear open each croissant and fill with 2-3 tbsp of the frangipane and a few raspberries. Arrange in the dish cut-side up. Pour over the custard, making sure each croissant is saturated, then spoon over any remaining frangipane. Leave to soak at room temperature for 1 hr. *At this*

stage, the croissant bake can be chilled overnight.

4 Heat the oven to 180C/160C fan/gas 4. Scatter over the flaked almonds bake in the middle of the oven for 35 mins until the custard is just set and the almonds are toasted. Serve with crème fraîche, yogurt, cream or ice cream, if you like.

PER SERVING 520 kcal • fat 37g • saturates 15g •
carbs 34g • sugars 20g • fibre 2g • protein 13g •
salt 0.7g

**Brilliant for
Valentine's
Day breakfast**



Fast —&— fresh

Rustle up these quick recipes to save time and money – they can be made in 30 minutes or fewer, but are still special enough to serve guests

recipes CASSIE BEST & MIGUEL BARCLAY

photographs JONATHAN GREGSON

Green shakshuka with harissa & crispy shallots

It's so simple to throw together this comforting one-pan winner for brunch or supper. You can also adapt it with any veg or herbs you have in the back of the fridge, or sprinkle in extra chilli if you like more heat. The secret ingredient here is the preserved lemon, which adds citrusy freshness. If you can't get hold of it, you can simply use extra lemon zest.

SERVES 2-4 **PREP** 10 mins
COOK 20 mins **EASY** V

4 tbsp olive oil
2 shallots, thinly sliced
1 large onion, finely chopped
2 leeks, sliced
3 garlic cloves, crushed
2 tsp cumin seeds
1 preserved lemon, rind only, finely chopped
250g leafy greens (such as spinach, spring greens or cavolo nero), tough stalks removed, leaves roughly chopped
150g frozen peas
large bunch of coriander, mint or dill (or use a mixture), chopped
4-6 eggs
½ lemon, zested and juiced
2 tbsp harissa
100g feta, crumbled (vegetarian, if needed)
toast or warmed flatbreads, to serve
100g natural yogurt

1 Heat 3 tbsp oil in a deep frying pan over a medium heat and fry the shallots for 5 mins, stirring occasionally until crisp. Scoop out using a slotted spoon and set aside on a plate lined with kitchen paper. Season with a little salt.
2 Reduce the heat to medium-low, add the remaining oil to the pan and cook the onions and leeks for 10 mins until softened but not coloured. Add the garlic, cumin and preserved lemon, and stir-fry for 1-2 mins until aromatic.
3 Tip in the greens and peas, season well and stir. Cover and continue to cook until the greens have wilted, about 1 min. Stir in most of the herbs, reserving some to garnish.
4 Create four to six gaps in the mixture using the back of a spoon and crack an egg into each. Season the eggs with a pinch of salt, then cover the pan and cook for 4 mins until the whites are set and the

yolks are still runny, or a bit longer according to your preference.

5 Squeeze over the lemon juice, dot with the harissa, then scatter over the feta, lemon zest, reserved herbs and crispy shallots. Serve with toast or warm flatbreads, and the yogurt on the side for everyone to help themselves.

GOOD TO KNOW calcium • folate • fibre • vit c • iron •
3 of 5-a-day • gluten free
PER SERVING (4) 410 kcs • fat 27g • saturates 8g •
carbs 16g • sugars 11g • fibre 8g • protein 23g •
salt 1.2g

USE IT UP

A shakshuka is the best way to clear out your fridge – use up any green veg (even if it's a little past its best), and add bits of bacon or other cured meats, if you like. Soft herbs are interchangeable here; basil, parsley, coriander, dill and mint would all work well in the mixture.



Bombay potato fishcakes

Try a fun twist on standard fishcakes by adding spices that are reminiscent of Bombay potatoes. Crushed poppadums are also an inventive substitute for breadcrumbs, but you can stick to the traditional coating if you prefer. You may want to use up some day-old bread and make your own breadcrumbs by blitzing the slices in a food processor.

SERVES 2-4 (makes 6 fishcakes)

PREP 5 mins **COOK** 20 mins **EASY**

2 medium potatoes, cut into chunks

1 fresh or frozen flaky white fish fillet, (about 200g; we used cod loin)

4 spring onions, sliced

2 tsp curry powder (gluten-free, if needed)

2 crushed poppadums, or a handful of breadcrumbs (gluten-free, if needed)

2 tbsp vegetable oil

salad, mango chutney and lemon wedges, to serve

1 Cook the potatoes in a pan of boiling water until tender, about 15 mins. Add the fish fillet to the pan for the final few minutes of the cooking time. Drain and leave to steam-dry for a few minutes, then tip the potatoes and fish into a bowl along with the spring onions. Roughly crush the mixture together using a fork. Season, mix in the curry powder, then shape the

mixture into six patties. Tip the crushed poppadums onto a shallow plate, and press both sides of each fishcake into them to coat. If you have time, chill the fishcakes for 30 mins to firm up. *Will keep chilled for up to a day.*

2 Heat the oil in a frying pan over a medium heat and fry the fishcakes for 5 mins on each side until golden and piping hot. Serve with salad and mango chutney on the side with lemon wedges for squeezing over.

GOOD TO KNOW healthy • gluten free

PER SERVING (4) 194 kcal • fat 7g • saturates 1g • carbs 17g • sugars 1g • fibre 2g • protein 14g • salt 0.3g

TWIST IT

Pesto fishcakes

Replace the curry powder in this recipe with **1 tbsp pesto** and use normal breadcrumbs to coat.

Spicy salmon fishcakes

Use **Thai curry paste** for a more fiery dish with **salmon** in place of the cod.





Quick mushroom noodle soup

Easy, quick and delicious, this soup is properly comforting, fast food. It's always good to have noodles in your storecupboard, so you're always able to rustle up a meal in minutes.

SERVES 1 **PREP** 5 mins
COOK 10 mins **EASY** **V**

1 tsp sesame oil
75-100g mixed mushrooms
1 garlic clove, sliced
pinch of chilli flakes
400ml fresh vegetable or
chicken stock or ½ stock cube
(see tip, opposite)
100g-150g ready-to-eat
udon noodles
½ pak choi
large splash of soy sauce
squeeze of lime juice
1 tsp crispy chilli in oil

1 Heat the sesame oil in a large, deep saucepan over a medium heat and fry the mushrooms for 3-4 mins until evenly coloured. Add the garlic and chilli flakes, and cook for another minute.

2 Add the stock (or crumble in the stock cube and add 400ml water), and bring to the boil. Tip in the noodles and pak choi, reduce the heat and simmer for 3-4 mins until the noodles are warmed through. Ladle the soup into a bowl and season with a splash of soy sauce, squeeze of lime juice and the crispy chilli in oil. Serve straightaway.

GOOD TO KNOW low fat • low cal • 2 of 5-a-day
PER SERVING 206 kcals • fat 6g • saturates 1g •
carbs 27g • sugars 3g • fibre 4g • protein 9g • salt 2.6g

ALL ABOUT THE BASE

The stock base for this soup needs to pack a flavour punch, so use a good-quality stock cube or, even better, fresh stock (the shop-bought tubs are fine). You can add a few dried mushrooms to the stock for added umami, too. Balance the flavours at the end with a squeeze of lime juice, splash of soy sauce and extra chilli, if you like.



Creamy baked gnocchi with squash & spinach

This oozy gnocchi dish looks and tastes like a lot of love and time has gone into it, so guests will never know you made it in just 30 minutes with the help of a microwave. If you have more time, the squash can be roasted for more flavour.

SERVES 2-3 **PREP 15 mins**

COOK 15 mins **EASY** **V**

600g butternut squash, peeled, deseeded and cut into small chunks (450g prepared weight)

1 tbsp olive oil, plus a drizzle (for optional air-frying)

2 garlic cloves, crushed

160g baby leaf spinach

250g mascarpone

grating of nutmeg

30g parmesan, grated

500g gnocchi

3 tbsp fresh or dried breadcrumbs

1 Put the squash in a heatproof bowl with a splash of water and pinch of seasoning, then cover and microwave on high for 5 mins. Or, toss the squash in a drizzle of oil and some seasoning, and cook for 12 mins at 200C in an air fryer until soft and caramelised. It can also be roasted in the oven for 25 mins.

2 Meanwhile, heat 2 tsp of the oil in a large ovenproof frying pan over

a medium heat and fry the garlic for 30 seconds until sizzling but not coloured. Add the spinach, season and cook until wilted.

3 When the squash is tender, roughly mash half of it using a fork. Stir the mashed squash and the mascarpone into the spinach, then add 150ml water and stir until you have a smooth, creamy sauce. Grate in a generous amount of nutmeg and add half the parmesan. Gently stir in the gnocchi and squash chunks to coat in the sauce. Simmer for 1-2 mins until everything is heated through, adding a splash of water if the sauce is very thick. Scatter over the breadcrumbs and remaining parmesan.

4 Heat the grill to medium-high, then slide the gnocchi under for a few minutes until golden and bubbling at the edges.

GOOD TO KNOW calcium · fibre · vit c · iron

2 of 5-a-day

PER SERVING (3) 834 kcals · fat 46g · saturates 27g
carbs 84g · sugars 12g · fibre 8g · protein 18g · salt 1g

USE IT UP

If you buy a large butternut squash for this recipe, chop and cook the whole thing at once, then freeze the leftover squash for another meal. Not only does this cut down on energy costs (as you won't have to cook from scratch another day), it also means you can have dinner on the table in a flash when you're next ready to use it. Add the frozen squash to risotto or pasta, or blitz it in a soup – it will defrost in minutes in the pan.



Banoffee flapjack crumble

Baked bananas become meltingly soft and take on a fruity sweetness. The oats in the topping create a texture reminiscent of flapjack – a handful of chopped pecans would be a lovely addition, too, if you have them. If you're a stickler for tradition, serve this with custard, but ice cream or cold single cream would be equally delicious.

SERVES 4-6 **PREP** 10 mins

COOK 20 mins **EASY** V

5 bananas, peeled
1 tsp lemon juice
50g light brown soft sugar,
plus 2 tbsp
85g unsalted butter
100g plain flour
50g porridge oats
1 tbsp golden syrup
50g dark chocolate, chopped
cream, custard or ice cream,
to serve

1 Cut the bananas into $\frac{1}{2}$ cm-thick slices on an angle, then arrange in a baking dish (ours was 22cm). Squeeze over the lemon juice, add the 2 tbsp brown sugar and lightly toss together to combine.

2 Weigh the remaining sugar and the butter, flour and oats into a bowl.

Rub the butter into the dry ingredients using your fingertips, then drizzle in the syrup and add a pinch of salt. Mix everything together using a cutlery knife. Stir in the chocolate pieces, then scatter the crumble over the bananas in an even layer. Heat the oven to 200C/180C fan/gas 6.
3 Bake for 20 mins until golden and crunchy on top. Leave to cool slightly and serve warm with cream, custard or ice cream.

PER SERVING (6) 366 kcal • fat 16g • saturates 9g •
carbs 51g • sugars 30g • fibre 3g • protein 4g •
salt 0.3g

USE IT UP

Making banana bread isn't the only way to use up overripe bananas. Apart from this recipe, you can peel, freeze and blitz chunks in smoothies.





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Apple Cinnamon Muffins

INGREDIENTS FOR THE BATTER

2 cups All-Purpose Flour
1 tsp. Ground Cinnamon
1 tsp. Baking Powder
1/2 tsp. Baking Soda
1/2 tsp. Kosher Salt
1/2 cup (1 Stick) Unsalted Butter, softened

1/4 cup Granulated Sugar
1/4 cup Packed Brown Sugar
1 large Egg
1 tsp. Pure Vanilla Extract
1 cup Milk, preferably whole
1 large Granny Smith Apple, peeled, cored, and chopped

FOR THE CRUMB TOPPING

1/2 cup (1 stick) Unsalted Butter, melted and cooled slightly
1/4 cup Packed Brown Sugar
2 tbsp. Granulated Sugar
1 1/2 tsp. Ground Cinnamon
Pinch Kosher Salt
1 cup Plus 2 tbsp. All-Purpose Flour

DIRECTIONS

1. Make the batter: Preheat oven to 350°F with a rack in the middle position; line 2 standard muffin tins with paper liners. In a medium bowl, whisk together flour, cinnamon, baking powder, baking soda, and salt.

2. In a large bowl using a hand mixer or in the bowl of a stand mixer fitted with the paddle attachment, beat butter and sugars together on medium speed until creamy. Add egg and vanilla and beat to combine. Scrape down sides of the bowl to make sure all is evenly incorporated. Add dry ingredients and beat on low speed until just a few dry streaks remain. Add milk and beat to combine. Fold in apples. Fill liners $\frac{3}{4}$ full with batter (you should get about 15).

3. Make the topping: In a medium bowl, combine melted butter, sugars, cinnamon, and a pinch of salt. Mix in flour until large crumbs form. Divide crumbs evenly over muffins.

4. Bake until a toothpick inserted in the middle of a muffin comes out clean, 20 to 22 minutes. Let cool slightly before serving.



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SEASONAL

BRINGING GOOD CHEER

Brighten up the winter months with warming recipes from **Samuel Goldsmith**

photographs SEAN CALITZ

It's the winter flavours that are the most uplifting. Dark green, leafy veg, such as cavolo nero and kale, are the season's stars. Cavolo nero is incredibly versatile and its leaves add colour to every forkful. If you've been to one too many work parties over the holidays, this nutritional heavyweight will give you a boost.

You won't find a supermarket or greengrocer that's not packed with citrus fruit at this time of year, and it's the clementine that's most celebrated. Great for

eating immediately after peeling, I've used the sweet, floral juice to make a special version of a classic Portuguese custard tart.

Custard, my love of which was instilled in me by my mum, is my ultimate comfort food, so every bite is pure joy.

Butternut squash is an obvious choice for a veggie showstopper, because it's widely adored, and its shape is naturally ideal for my wellingtons. Even more special is that my dad grows them, so this dish is truly a family affair.



Our food copy editor **Samuel Goldsmith** has taught food and nutrition in secondary schools and has worked as a food editor for lifestyle magazines. He is also chair of the Guild of Food Writers. @samuelwgoldsmit



Cavolo nero pesto



Valentine's
special

Individual butternut
squash wellingtons

Cavolo nero pesto

MAKES about 675g **PREP** 10 mins
NO COOK EASY ✨

200g cavolo nero, any tough stalks removed
3-4 garlic cloves
150g parmesan
250ml olive oil
1 lemon, juiced
150g walnuts
cooked pasta, to serve

1 Tear the cavolo nero and put into a food processor. Peel the garlic and drop this in, then crumble in the cheese and add the oil, lemon juice and walnuts.

2 Pulse to a thick paste, then spoon over cooked pasta and toss together before serving. *The pesto will keep covered and chilled for up to a week or frozen for up to three months.*

GOOD TO KNOW gluten free

PER 1 TBSP SERVING 81 kcal • fat 8g • saturates 2g • carbs 0.2g • sugars 0.2g • fibre 0.3g • protein 2g • salt 0.1g

Individual butternut squash wellingtons

MAKES 2 **PREP** 30 mins plus chilling
COOK 1 hr 25 mins **MORE EFFORT** V

½ butternut squash
15g salted butter
1 orange, juiced
2 thyme sprigs, plus the leaves from 2 extra sprigs
500ml vegetable stock, made with 1 stock cube
500g block puff pastry
plain flour, for dusting
150g chestnut mushrooms, finely chopped
2 handfuls of spinach (about 75g), roughly chopped
10 walnut halves, finely chopped
50g vegetarian blue cheese
1 egg, beaten
2 tsp cornflour (optional)

1 Trim off the neck of the squash (it should be about 15cm long), then peel it and cut in half. (Reserve the round base to use in soups or other recipes.) Put the squash halves in a lidded pan along with the butter, orange juice, thyme sprigs and stock, and season well. Cover and bring to a simmer over a medium heat and cook for 25-30 mins until the squash is just tender. Drain, reserving the liquid, and cool.

2 Roll the puff pastry out on a lightly floured surface into a large, ½cm-thick rectangle. Cut the rectangle into four equal pieces (around 20 x 15cm) – they should be large enough to fit one butternut squash half on top, with a good amount of space around it. Put the pastry pieces on a tray and chill.

3 Meanwhile, fry the mushrooms in a dry frying pan over a medium-high heat until they've released their liquid and are beginning to brown, about 6-8 mins. Add the spinach and fry until wilted, about 1-2 mins. Scatter in the thyme leaves, season well, then add the walnuts. Cook for 1 min until lightly toasted but not burned. Put the mixture in a bowl, crumble in the blue cheese and mix. Leave to cool.

4 Heat the oven to 200C/180C fan/gas 6. Remove the pastry rectangles from the fridge and put two on a baking tray. Divide a third of the mushroom mix between them and top each with a squash half. Pack the remaining mushroom mix around the squash tightly, mostly on top. Brush the exposed pastry around the squash with some of the beaten egg, then cover the squash with the other pastry rectangles, sealing together by pressing down firmly or crimping the edges with a fork. Brush the tops with the rest of the egg and bake for 35-40 mins until the pastry is golden and the squash is warmed through.

5 If you like, mix 3 tsp of the reserved squash cooking liquid with the cornflour in a small bowl. Strain the thyme sprigs from the remaining cooking liquid and bring it to a simmer, then remove from the heat and whisk in the cornflour paste. Return to the heat and simmer until thick, then spoon the sauce over the wellingtons to serve.

GOOD TO KNOW calcium • folate • fibre • vit c • iron • 3 of 5-a-day

PER SERVING 1376 kcal • fat 94g • saturates 42g • carbs 95g • sugars 12g • fibre 12g • protein 31g • salt 4.7g



Clementine custard tarts

MAKES 12 **PREP** 25 mins plus cooling
COOK 25 mins **MORE EFFORT** **V**

6 clementines, 3 zested, all juiced
(you'll need about 240ml)
320g sheet ready-rolled puff pastry
plain flour, for dusting
2 eggs, plus 3 egg yolks (freeze the
extra whites to make meringues)
2 tbsp cornflour
2 tbsp caster sugar
450ml whole milk
icing sugar, for dusting (optional)

1 Heat the oven to 200C/180C fan/
gas 6. Bring the clementine juice to
the boil in a small saucepan over a
medium heat. Cook until it has

reduced to about 50ml (this may
take up to 20 mins). Leave to cool.

2 Unravel the puff pastry. Scatter
two-thirds of the clementine zest
over the top. Re-roll the pastry
up into a tight spiral from one
of the short ends, then cut along
its length at 2cm intervals into
12 even rounds. On a lightly
floured surface, roll each round
into a roughly 10cm circle and use
these to line the holes of a 12-hole
muffin tin. Chill until needed.

3 Put the eggs, egg yolks, reduced
clementine juice and the remaining
zest, the cornflour and sugar in a
pan, and whisk together to combine.
Gradually whisk in the milk until
the mixture is smooth, then warm
over a medium-low heat until the

mixture has thickened and
started to simmer, about 8-10 mins.
Remove from the heat, pour into
a jug and leave to cool for a few
minutes, whisking occasionally
to prevent a skin from forming.
4 Remove the pastry cases from
the fridge and fill each case with
custard until almost full. Bake for
18-22 mins until the pastry cases
are golden and the custard has
browned slightly on top. Leave
to cool completely in the tin.
Dust with icing sugar, before
serving if you like.

PER SERVING 187 kcals • fat 11g • saturates 5g •
carbs 18g • sugars 7g • fibre 1g • protein 5g • salt 0.3g



TOM KERRIDGE

CAULIFLOWER POWER

On a mission to eat less meat?
Tom's curry will be a new favourite
photographs MIKE ENGLISH

I'm probably as well known for losing loads of weight as I am for being an award-winning chef, which is fine by me. If anyone takes inspiration from that part of my food journey and eats healthier then that can only be a good thing. So, when it comes to new year's food resolutions or just generally tweaking the way you eat a little, here's my advice: don't just overhaul what you eat because you think you should. Take it one meal at a time and stick with things you already know you like. We're all feeling the pinch; now is not the time to start buying lots of new storecupboard ingredients you might never use again. It's

with those things in mind that I came up with the curry recipe. Firstly, who doesn't love curry? And this one is meat-free, but still very filling from the chickpeas, and rich and comforting from the coconut milk. It's easily adapted (see my tips by the recipe) and there's enough going on that it can be eaten simply with rice, or dressed up with a few extra bits to serve to friends. The start of the year can feel tough, but eating well helps, and this is my go-to recipe for that. Roasting the cauliflower intensifies its flavour, but if you don't fancy turning the oven on, it can just as easily be fried.



Who doesn't love a curry? This one is meat-free but still very filling from the chickpeas, and rich and comforting from the coconut milk

Our contributing editor Tom Kerridge is a BBC presenter, chef-owner of restaurants in London and Marlow and cookbook author. You can also listen to Tom on the BBC Good Food Podcast at bbcgoodfood.com/podcast.

🐦 @ChefTomKerridge





Roasted cauliflower & chickpea coconut curry

SERVES 4 **PREP** 20 mins

COOK 45 mins **EASY V**

1 large cauliflower, cut into florets
 4 tbsp sunflower oil
 2 tbsp black mustard seeds
 1 tbsp cumin seeds
 6 cardamom pods, seeds only
 400g can chickpeas, drained
 2 onions, finely sliced
 5 garlic cloves, finely grated
 thumb-sized piece of ginger, finely grated
 1 tsp ground cumin
 1 tsp ground coriander
 2 tsp turmeric
 ½ tsp chilli powder (optional)
 400g can coconut milk
 300ml vegetable stock (vegan, if needed)
To serve
 1 lime, juiced,
 handful of roughly chopped coriander
 1 green chilli, sliced (optional)
 cooked rice, poppadums, naan or flatbreads (see ideas, right)

1 Heat the oven to 200C/180C fan/gas 6. Tip the cauliflower, 1 tbsp of the oil, mustard seeds, cumin seeds, cardamom seeds and chickpeas into a large bowl, season generously and toss well. Spread over a roasting tray and roast for 20 mins, tossing halfway through, until the cauliflower is caramelised but retains a little bite.

2 Meanwhile, heat the rest of the oil in a shallow saucepan or wok. Fry the onions with a little salt over a medium heat for 10-15 mins, until golden. Tip in the garlic, ginger and spices and cook for 3-4 mins.

3 Pour in the coconut milk and stock, bring to a simmer, then tip in the roasted cauli and chickpeas. Simmer for 5 mins and add the lime juice. Top with the coriander and chilli, if using, and serve with your choice of sides.

GOOD TO KNOW vegan • fibre • vit c • iron •
 2 of 5-a-day

PER SERVING 463 kcs • fat 33g • saturates 16g •
 carbs 25g • sugars 11g • fibre 10g • protein 12g •
 salt 0.3g

5 MORE IDEAS

• **Up the veg** Swap out the vegetables according to what you have and what's in season. Squash can be roasted in place of the cauliflower and there's an endless list of veg that can be cooked in the sauce, from trimmed green beans to chunks of aubergine or potato.

• **Chicken or paneer** My curry is vegan, but you could easily add some diced chicken breast to the sauce or keep it veggie with paneer.

• **Make it lighter** If coconut milk is on the rich side, turn this into a tomato-based curry by swapping it out for a can of chopped tomatoes.

• **Quick onion pickle** It's great to serve something sharp with this. Finely slice **1 large red onion**, season it with a pinch of salt, a **small pinch of caster sugar** and a **sprinkling of cumin seeds**. Squeeze over the juice of **half a lime**, scrunch everything together and leave for 5 mins, then serve.

• **Easy flatbreads** Serve the curry with rice or try my easy flatbreads. Mix **300g self-raising flour**, **150g natural yogurt**, **1 tbsp sunflower oil**, **1 tsp salt** and **2 tbsp water**, and bring together into a rough dough. Tip onto a lightly floured surface and knead for a few minutes, then split into four pieces. Heat a frying pan over a high heat and roll the dough into rough ovals. Fry for 1-2 mins on each side until golden and slightly charred in spots.



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NEXT LEVEL

Tartiflette

For luxury comfort food, revisit this French alpine classic made with potatoes, cheese and bacon

recipe BARNEY DESMAZERY photograph HANNAH TAYLOR-EDDINGTON

SERVES 6 PREP 30 mins COOK 50 mins MORE EFFORT

SLICE AND DICE

To ensure there's an even amount of cheese distributed through the potatoes, we've diced half of it and nestled the other half on top to melt over the dish as it bakes.

WHY

Toss potatoes, cream, bacon, alpine cheese and onions together in almost any way, and the end result will be a comfort food winner. For our version of tartiflette, an après-ski meal from the French Alps, we didn't want to simply create an even richer dauphinoise – we wanted a noticeably different dish that celebrated the ritual of shopping for the right ingredients and applying just the right cooking methods to them, even if it requires a bit more effort. It's worth it though, as you'll see if you try this recipe, where everything is at its best.

WHAT TO BUY

15g unsalted butter
140g smoked bacon lardons or cubed pancetta
1 large onion, finely sliced
1kg waxy potatoes, such as Charlotte or Désirée
100ml non-alcoholic dry white wine
100ml crème fraîche
grating of nutmeg
1 wheel of reblochon (about 250g), chilled
½ garlic clove

To serve

cornichons
bitter leaf salad (see tip, right)

CRISPY BACON

Unlike other recipes that require you to cook the onions before the bacon, we've crisped the bacon first – this renders out all the fat, which can then be used to cook everything else.

A TOUCH OF SMOKE

Smoked bacon or pancetta is a must for this recipe to add smoky flavour notes and season the dish.

A SIMPLE SALAD

Tartiflette is a meal in itself, but it's rich, so a sharp, dressed salad makes the perfect accompaniment. Choose peppery, bitter leaves such as watercress, rocket, treviso or chicory. For the dressing, whisk together 2 tbsp red wine vinegar, 1 tsp Dijon mustard and 5 tbsp olive oil.

THE CHEESE TO CHOOSE

For a true tartiflette, seek out reblochon – a soft, medium-flavoured, seasonal French alpine cheese. If you can't find it, use port salut, Pont l'Évêque or Italian taleggio instead.

SPUDS WE LIKE

Choosing the right potato makes all the difference in this dish. Waxy potatoes hold their shape best and retain a little bite – floury potatoes will break down too easily. Charlotte potatoes are ideal, or the red-skinned Désirée.

WARMING SPICE

We've toasted black pepper along with the onions, which brings the dish alive. A small amount of nutmeg is also a great warming seasoning for dairy-based dishes.

OFF THE BOIL

Boiling potatoes causes some loss of flavour. We've skipped that to ensure the potatoes retain their earthy flavour and integrity in the finished dish.

FONDUE FEELING

Though we're not boiling our potatoes, adding a splash of wine creates steam to cook them and flavours the cheese like a fondue.

HOW TO MAKE IT

1 Melt the butter in a large frying or cast iron pan over a medium heat and stir in the bacon lardons or pancetta. Fry for 5-8 mins until starting to crisp up and the fat has rendered. Season with $\frac{1}{4}$ tsp freshly ground black pepper and cook for about 1 min more to toast the pepper, then stir in the onions. Season with a pinch of salt, then continue to cook for another 5-8 mins until the onions are soft but not too deeply coloured.

2 Meanwhile, peel the potatoes and cut into slices about the width of 2.8mm. When the onions are ready, tip the potatoes into the pan and cook everything for 10 mins, tossing regularly until the potatoes are nearly cooked through and have taken on a bit of colour.

3 Carefully pour in the non-alcoholic wine and bubble for 5 mins, still tossing the pan occasionally, until it has reduced completely and the potatoes are tender when pierced with the tip of a knife. Remove from the heat, spoon over the crème fraîche and grate over a small amount of nutmeg. Stir everything together so the potatoes are completely coated in the crème fraîche.

4 Cut the cheese in half through the equator so you have two thinner rounds. Chop one of the rounds into small chunks, then stir these through the potato mixture. Sprinkle a little salt into a medium gratin dish, then rub the cut side of the garlic clove all over the inside of the dish. Discard the garlic. Scrape the potato mixture into the dish, then nestle the other cheese round, rind-side up, onto the top of the mixture. *At this stage, the tartiflette will keep up to a day ahead. Cover and chill until needed, then remove from the fridge 1 hr before cooking.*

5 Heat the oven to 220C/200C fan/gas 8. Bake the tartiflette for 20-25 mins until the cheese is oozing and golden, and the mixture is bubbling at the edge. Leave to stand for 5 mins, then serve with cornichons and a bitter leaf salad.

GOOD TO KNOW vit c • gluten free

PER SERVING 453 kcals • fat 25g • saturates 15g • carbs 35g • sugars 4g • fibre 5g • protein 16g • salt 1.2g



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Baked honey & lemongrass chicken bánh mì

MAKES 2 **PREP** 25 mins plus at least 3 hrs marinating
COOK 40 mins **EASY**

400g boneless and skinless chicken thighs
4 tsp butter, softened
2 tsp vegetable oil
2 medium baguettes
6 tsp mayonnaise
8 tsp coarse pâté
½ cucumber, deseeded and cut into matchsticks
small handful of coriander
small handful of mint leaves
2 spring onions, cut into matchsticks
½ red chilli, sliced
2 tsp crispy fried shallots
large pinch of crushed black peppercorns (optional)
For the carrot & daikon pickle
125ml rice wine vinegar
125g granulated sugar
125g carrots, cut into matchsticks
125g daikon, cut into matchsticks
For the chicken marinade
1 tbsp light soy sauce
1 tbsp oyster sauce
2 tsp rice vinegar
1 tsp fish sauce
2 tsp granulated sugar
3 tsp honey
2 tbsp finely chopped lemongrass stalks (2-3 stalks)
2 garlic cloves, finely chopped or grated
½ tbsp finely chopped chillies (optional)
½ small red onion, finely chopped
4 tsp sesame oil

1 First, make the carrot & daikon pickle. Heat the vinegar and sugar in a saucepan over a medium heat, stirring until the sugar has dissolved. Remove from the heat and leave to cool completely. Put the carrots and daikon in a sterilised jar, then pour over the cooled vinegar mixture. Seal the jar and chill for 1-3 hrs. *Will keep chilled for a month.*

2 Combine all of the ingredients for the marinade in a large bowl, add the chicken and mix well to evenly coat. Marinate in the fridge for at least 3 hrs, or overnight.

3 Heat the oven to 180C/160C fan/gas 4. Remove the chicken thighs from the marinade, shaking off as much excess as possible, and set the leftover marinade aside. Rub 2 tsp of the butter over a baking tray and arrange the chicken thighs on top. Roast for 25-30 mins, then cut the chicken into large strips and set aside. Turn the oven down to its lowest temperature.

4 Heat the vegetable oil in a frying pan over a medium heat and pour in the leftover marinade. Bring to a simmer, then add the chicken strips and toss to coat evenly. Stir frequently to ensure the sauce doesn't burn. Cook for 5 mins until the chicken is golden.

5 Warm the baguettes in the oven for 2-3 mins. Split them down the middle, and pull out some of the insides to make room for the filling.

6 Spread the remaining butter over one side of each baguette, then spread the mayonnaise on top. On the other side, spread over the pâté. Lay the cucumber inside, followed by 2 tbsp of the pickle. Top with the chicken, coriander, mint and spring onions. Sprinkle with chilli slices, crispy shallots and crushed peppercorns, if you like.

GOOD TO KNOW vit c • 2 of 5-a-day

PER SERVING 926 kcs • fat 46g • saturates 11g • carbs 92g • sugars 20g • fibre 2g • protein 35g • salt 4.3g



Red pepper & potato omelette

As good cold as it is warm, this can be served on its own in crusty rolls. We've gone with child-friendly peppers and potatoes, but a finely sliced onion can also bulk this out.

SERVES 4 **PREP 10 mins**
COOK 20 mins **EASY V**

3 tbsp olive oil
2 small red peppers, deseeded,
halved and finely sliced
2 medium potatoes, finely sliced
8 eggs

1 Heat 2 tbsp oil in a medium non-stick frying pan over a medium-low heat and cook the peppers and potatoes for 10 mins until softened – if the pan has a lid, cover it to speed things up. Meanwhile, beat the eggs in a large bowl with some seasoning. When the potatoes and peppers are cooked, tip them into the eggs and stir to combine – the heat from the veg will start to cook the eggs.

2 Heat the grill to high. Heat the rest of the oil in the pan over a medium heat, tip in the egg and veg mixture, and cook, stirring occasionally with a spatula and drawing the edges into

the middle, until nearly set, about 5–6 mins. Slide the pan under the grill for a few minutes to just set the top, then slide the omelette onto a plate. Flip it back into the pan and finish cooking the omelette on the underside for another few minutes, being careful not to burn it.

3 Turn the omelette out onto a board and leave to cool. Serve in wedges in a lunchbox, or slice and stuff into a baguette or crusty roll.

GOOD TO KNOW low cal • folate • vit c • 1 of 5-a-day •
gluten free

PER SERVING 313 kcs • fat 18g • saturates 4g •
carbs 20g • sugars 4g • fibre 4g • protein 16g •
salt 0.5g





Pepperoni pizza rolls

You can speed things up by using ready-made pizza dough and sauce. The recipe is also easy to adapt for different diets; replace the pepperoni with veg or swap the mozzarella for a vegan alternative.

MAKES 8 **PREP** 30 mins plus

at least 2 hrs 30 mins proving

COOK 35 mins **EASY**

450g strong white bread flour,
plus extra for dusting
5g fast-action dried yeast
2 tsp olive oil, plus extra for proving
1 tbsp fine polenta or cornmeal
175g pizza sauce
100g grated mozzarella
75g pepperoni
small bunch of basil, chopped

1 Put the flour and yeast in a large bowl. Add 1 tsp sugar and 1½ tsp salt, and mix to combine. Add 300ml tepid water and 2 tsp of the oil, and mix with your hands or the dough hook attachment of a stand mixer until a

dough forms. If making by hand, tip the dough onto a work surface and knead for 10 mins until the dough feels smooth and elastic, or knead using the mixer for 5 mins.

2 Clean and lightly oil the bowl, tip in the dough and leave to prove in a warm place for 2 hrs, or until roughly doubled in size. You can also put it in the fridge overnight – just bring it up to room temperature before shaping.

3 Loosely line a 22cm cake tin or ovenproof frying pan with a disc of baking parchment and sprinkle 1 tsp of the polenta over the base. Scatter the remaining polenta over a work surface along with some flour (add more if it begins to stick) and tip the dough on top. Roll and

stretch the dough into a rectangle, about 35 x 45cm. Spread the pizza sauce on top, then scatter over the cheese, pepperoni and basil. From the longer side, tightly roll up the dough to make a sausage shape. Use a sharp knife to cut it into eight pieces, and arrange cut-side up in the tin or pan. Cover loosely and leave to prove for another 30 mins until the rolls look light and puffy.

4 Heat the oven to 200C/180C fan/gas 6. Bake the rolls for 30-35 mins until golden brown and the cheese is oozing. Cool for 5 mins before serving. *Best eaten within 24 hrs.*

PER SERVING 319 kcs • fat 9g • saturates 4g • carbs 46g • sugars 2g • fibre 2g • protein 12g • salt 1.7g



Build-your-own salmon sushi burrito

Use up any leftovers from teriyaki salmon and rice by making these burritos. You can dress them as you like, or with pickled ginger, wasabi and crispy onions.

SERVES 2 PREP 15 mins NO COOK EASY

200g cooked white rice
2 spring onions, finely sliced
2 tsp soy sauce
1 tbsp mayonnaise
1 tsp sriracha, or to taste (optional)
100-140g cooked salmon fillet, honey-roast salmon or hot smoked salmon, flaked

2 packs of seaweed thins
½ avocado, peeled, stoned and sliced
¼ cucumber, cut into matchsticks

1 Tip the rice into a bowl and mix in the spring onions, soy sauce, mayo and sriracha, if using. Fold in the salmon, keeping it flaked or mashing it in with the rice, as you prefer. Divide between two reusable containers. Pack each one into a lunchbox with a pack of seaweed thins, and half each of the avocado and cucumber.

2 To eat, spoon the rice onto a seaweed thin, top with avocado and cucumber, then loosely roll up.

GOOD TO KNOW 1 of 5-a-day

PER SERVING 441 kJ • fat 26g • saturates 5g • carbs 30g • sugars 4g • fibre 5g • protein 19g • salt 3.3g

Cheesy egg & noodle muffins

These are ideal for lunchboxes, and packed full of veg. We used broccoli and carrots, but peas, sweetcorn, courgette and peppers also work. For a non-dairy version, swap the cheddar for 2 tsp soy sauce.

MAKES 8 **PREP** 10 mins

COOK 19 mins **EASY** **V**

1 portion medium wholemeal noodles

4 eggs

100g mixed veg of your choice, finely chopped if needed

50g cheddar, grated

1 tsp soy sauce

1 Heat the oven to 200C/180C fan/gas 6. Cook the noodles following pack instructions.

2 Meanwhile, whisk the eggs in a bowl. Add the veg, cheddar and soy sauce, season and mix to combine.

3 Drain the noodles and rinse under running cold water to halt the cooking process. Shake off any excess water and pat dry using kitchen paper, if needed. Cut the noodles into small pieces using kitchen scissors and add to the egg mixture. Stir well to combine.

4 Line an eight-hole muffin tin with paper cases, then fill the cases with the mixture. Bake for 16 mins, or until just set. Leave to cool slightly before serving, or cool completely. *Can be eaten hot or cold. Will keep chilled for up to three days in an airtight container.*

PER SERVING 95 kcs • fat 5g • saturates 2g • carbs 5g • sugars 0.3g • fibre 1g • protein 6g • salt 0.4g



SKILLS FOR LIFE

KIDS' KITCHEN

In this six-part series, we help teach your children to become confident cooks. This month, all they need to know about frying

recipes CASSIE BEST *photographs* WILL HEAP

HOW TO USE OUR GUIDE

These recipes are suitable for children aged seven to 11, but younger children can also get involved with support from an adult. Older children and teenagers can also enjoy making these recipes, and may want to adapt or further develop them, swapping in their favourite ingredients or adding extra spices to make them their own.

The step-by-step recipes come with clear lists of ingredients

and equipment so they're easy to follow, and there are three to support each new skill: a basic recipe, one that's more of a challenge and another for advanced mini chefs. Talk through and practice the cooking skill with your child before making the dishes.

Follow this collection of monthly recipes as you would a cookery course, making each recipe with your child to help develop their skills and confidence.

Part 4



Pan-frying is an important skill to learn and will unlock endless recipe possibilities. Pan-frying can be done with little or no oil or fat, as opposed to deep-frying, where lots of oil or fat is used. This is a fast cooking method, ideal for cooking meat, fish, eggs, tofu, most vegetables and stir-fries. By cooking something over a high heat in a pan, you can achieve toasted or caramelised flavours and juicy meat and fish.



FRYING PAN

These come in a variety of sizes; look for one with a small lip around the edge to keep the food in the pan as you stir or flip. A sturdy handle is also important.



GRIDDLE PAN

This is a frying pan with risen bars across the surface. You can use a griddle pan to cook meat, halloumi or veg like peppers and onions for a charred, smoky flavour.



WOK

Traditional in Chinese cookery, a wok is a bowl-shaped pan used for stir-frying. The high sides mean you can toss veg, noodles or rice without spillage.

Steps to success

- Make sure your pan is the right size for the recipe you're cooking. Too small and the ingredients will spill and may splash hot oil; too big and the ingredients could burn.
- Check the handle on your pan is long, heat-resistant and sturdy. Handles can sometimes become loose and wobbly – if this happens, ask an adult to tighten it.
- Always add oil to a cold pan, then turn on the heat.
- It's important to monitor the pan at all times – a frying pan left alone with hot oil can cause a fire.
- When adding ingredients to a hot pan, carefully tip or lay the ingredient into the pan away from your body to prevent the hot oil splashing you.
- When stirring or turning food in the pan, make sure you hold the handle at all times to keep the pan steady. Use a small cloth to hold the handle if the heat from the hob is too intense, but make sure it doesn't hang down near a naked flame.
- Be sure to keep your hands and wrists away from the edge of the pan and the heat source beneath the pan, which will be extremely hot and could cause a burn.
- Use a long-handled wooden spoon, pair of tongs or fish slice for stirring or turning.

Love your pulses

Beans and pulses are a great source of vegetarian protein. They also contain lots of vitamins and minerals, and are relatively cheap. Challenge yourself to try more varieties – you can swap the black beans used here for chickpeas, kidney beans or black-eyed beans.

Don't waste it!

Tortilla wraps can be transformed into crispy tortilla chips, perfect for dunking into creamy guacamole. Heat the oven to 180C/160C fan/gas 4. Cut the tortilla wraps into triangles and toss them in a drizzle of oil and some seasoning. Add some spices, too, if you like – paprika, cumin and coriander are all nice. Spread the tortillas out on a tray and bake for 10 mins, tossing them halfway through cooking until crispy.

BASIC SKILL

Cheesy black bean quesadillas



SERVES 2-4 **PREP** 20 mins
COOK 10 mins **EASY** V

400g can black beans
50g cheddar
2 spring onions
small handful of coriander
¼ tsp ground cumin
½ tsp smoked paprika
2 large tortilla wraps

You'll also need
can opener
sieve

mixing bowl
potato masher
box grater
chopping board
scissors
teaspoon measures
frying pan
fish slice
pizza cutter (optional)

GOOD TO KNOW calcium • iron •

folate • fibre

PER SERVING (2) 363 kcs • fat 12g •
saturates 7g • carbs 39g • sugars 2g •
fibre 11g • protein 19g • salt 1.1g

>>>
Use the
method
opposite



Step 1

Hold the sieve over the sink and tip in the black beans. Let the liquid from the can drain away, rinse the beans under running cold water, and drain well. Tip the beans into the mixing bowl.



Step 3

Place the box grater on the chopping board and carefully grate the cheese. Add the cheese to the mashed beans.



Step 5

Use the scissors again to cut the coriander into small pieces. Don't forget to use the stalks, too, as they contain lots of flavour. Add most of the coriander to the mixing bowl.



Step 7

Place a tortilla wrap on the board. Scoop half the bean mixture from the bowl onto one half of the wrap. Spread it out in an even layer, making sure you only cover one half. Close the wrap like a book to cover the filling inside and make a semi-circle. Do the same with the other wrap and the rest of the filling.

Step 2

Mash the beans using the potato masher to make a lumpy texture.

Step 4

Peel off the papery outer skins from the spring onions so you're left with just the shiny parts. Use the scissors to cut off the roots and about 2cm from the other end. Snip the spring onions into pieces, about the size of a pea, into the mixing bowl.



Step 6

Use a teaspoon measure to measure the ground cumin and paprika, and add these to the bowl. Season with salt and pepper, and mix everything together.



Step 8

Put a medium frying pan on the hob. Lift one of the wraps into the pan, then turn the heat to low-medium. After 2 mins, use a fish slice to lift the wrap and check underneath. If it's golden brown, turn it over; if not, keep cooking, checking every minute or so. Use the fish slice to carefully turn the wrap over, then cook for another 2-4 mins on the other side until brown. Turn off the heat and slide the quesadilla onto the chopping board. Use a pizza cutter or knife to cut it into slices, then scatter over the rest of the coriander.



THE NEXT LEVEL

Spiced lamb burgers with minty yogurt

SERVES 4 **PREP** 10 mins plus 1 hr chilling **COOK** 15 mins **EASY** 🌟

500g lamb mince
1 tsp ground cumin
1 tsp ground coriander
small handful of parsley
small handful of mint
8 tbsp plain yogurt
1 Little Gem lettuce
1 tomato
1 tsp olive oil
4 burger rolls

You'll also need

large mixing bowl
scales
measuring spoons
chopping board
sharp knife
small bowl
frying or griddle pan
fish slice

1 Weigh the lamb mince into a large bowl, then measure the cumin and coriander using measuring spoons, and add these to the lamb.

2 Chop the parsley as finely as you can, including the stalks, and add this to the lamb, then season with salt and pepper. Use your hands to mix all the ingredients together, then divide into four portions. Shape each portion into a burger patty. Chill for at least 1 hr to firm up. *Will keep chilled for up to a day.*

3 Pick the mint leaves from the stalks. Finely chop the mint leaves and put them in a small bowl. Mix in the yogurt and a pinch of salt.

4 Finely slice the lettuce or just pull apart the leaves. Slice the tomato.

5 Rub the burgers all over with the oil. Place a griddle or frying pan on the hob over a high heat and, after a minute, carefully lay the burgers in the pan and cook for 6-8 mins until browned. Use a fish slice to carefully flip the burgers over and cook for another 6-8 mins. You can check if they're cooked by cutting one in half – if there's any pink meat in the middle, it needs to cook for longer.

6 Split the burger rolls in half. Spread a little minty yogurt over the



base of each one. Fill the rolls with some lettuce, a slice or two of tomato and a lamb burger. Serve immediately.

GOOD TO KNOW calcium • iron • folate •
1 of 5-a-day

PER SERVING 435 kcs • fat 21g • saturates 9g •
carbs 28g • sugars 7g • fibre 3g • protein 33g •
salt 1g

Make a batch

Burger patties freeze well, so you can make double the quantity and freeze half for a busy day. To freeze the patties, place the raw, oiled burgers on a tray or in a container and cover with a lid. They will keep frozen for up to a month. Defrost in the fridge overnight before cooking.

CHALLENGE YOURSELF

Rainbow fried rice with prawns & fried eggs


SERVES 4 PREP 10 mins
COOK 20 mins EASY

bunch of spring onions
 1 pepper (any colour)
 80g sweetcorn (frozen or canned)
 2 garlic cloves
 3 tbsp vegetable oil
 4 eggs
 1 tbsp ginger purée
 300g raw king prawns
 2 x 250g pouch of ready-cooked rice
 3 tbsp low-sodium soy sauce
 1 tbsp sesame seeds, toasted, to serve

You'll also need

chopping board
 sharp knife
 garlic crusher
 wok
 measuring spoons
 small bowl
 fish slice
 kitchen paper
 foil
 wooden spoon

1 Before cooking a stir-fry, prepare all the ingredients. Peel off the papery skins from the spring onions and cut them into 3cm pieces. Chop the pepper into small chunks, about the size of a 50p coin. Drain the sweetcorn, if using canned. Peel the garlic and use a garlic crusher to crush it to a paste.

2 Measure 1 tbsp oil into a wok, set it on the hob and turn the heat to high. Crack one of the eggs into a bowl and carefully tip it into the pan, then do the same with another egg. Cook two eggs at a time until they're nice and crispy around the edges with a runny yolk – this should take about 3 mins. Use a fish slice to remove the eggs, set them aside on kitchen paper to drain off the excess oil, and cover with foil to keep warm. Heat another 1 tbsp oil and cook the remaining two eggs.

3 Add the remaining 1 tbsp oil to the pan and turn the heat to medium-high. Scatter in the chopped spring onions, pepper, sweetcorn, garlic, ginger and

prawns, and fry until the veg has softened and the prawns are turning pink, about 2-3 mins. Keep stirring with a wooden spoon to make sure everything cooks evenly.

4 Add the rice and soy sauce, and a little salt and pepper to season. Continue cooking and stirring for another 2 mins, until the rice is hot. Tip into four bowls. Top with the fried eggs and sesame seeds to serve.

GOOD TO KNOW vit c • 1 of 5-a-day

PER SERVING 381 kcal • fat 13g • saturates 3g •
 carbs 42g • sugars 3g • fibre 3g • protein 23g •
 salt 2.1g

**NEXT
MONTH**
 learn to
 bake safely



WHERE THE CALIFORNIA COAST MEETS
THE MEXICAN RIVIERA SUNSET

NEW MENU
THIS FEBRUARY

ANDAZ | DUBAI
THE PALM

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Andaz Dubai The Palm, Palm Jumeirah

health

Delicious recipes and top nutrition tips



Start the day right

Enjoy these easy-to-prepare breakfasts to keep you fuelled until lunchtime

Porridge with grated apple

That old saying about an apple a day keeping the doctor away has truth to it. Apples are packed with health-promoting nutrients, including fibre, which helps lower blood fats, manage blood sugar and keep your good gut bacteria happy.

SERVES 2 **PREP** 10 mins

COOK 5 mins **EASY** **V**



85g porridge oats
½ tsp ground cinnamon, plus extra to serve (optional)
250ml fortified soya milk, plus 4 tbsp to serve
2 small apples, preferably red
15g raisins
7-8 walnut halves, about 15g broken

1 Tip the oats and cinnamon into a non-stick pan and pour in 150ml water and the 250ml soya milk. Put the pan over a gentle heat and once bubbling leave to simmer for 5 mins stirring frequently (as soya milk has a

tendency to stick) until the porridge has thickened.

2 While the porridge cooks, grate the apples, including the skin. Hold the apple with the stalk facing up and coarsely grate until you reach the core, then turn and grate again, continuing to grate and turn until you are just left with the cores.

3 Serve the porridge with the apple, raisins and nuts on top and sprinkle over extra cinnamon, if you like. Stir through the extra soya milk to loosen.

GOOD TO KNOW vegan • healthy • fibre • 1 of 5-a-day

PER SERVING 333 kcs •
fat 12g • saturates 2g •
carbs 43g • sugars 14g •
fibre 6g • protein 11g •
salt 0.02g





Smoky mushroom & potato hash with oaty thins

The biscuity 'thins' here offer a great contrast in texture to the hash and eggs and also pack in cholesterol-busting oats. They're ideal, too, if you're trying to go wheat-free.

SERVES 2 **PREP 15 mins**
COOK 50 mins **EASY V**



100g porridge oats
70ml fortified soya milk
¼ tsp baking powder
For the hash
2 medium potatoes (275g),
unpeeled, cut into slim
wedges
2 tbsp rapeseed oil
160g mushrooms, thickly
sliced
1 red onion, roughly chopped
1 tsp smoked paprika
4 vine tomatoes, halved
2 eggs

1 Tip the oats and soya milk into a bowl and blitz using a hand blender to break down the oats to a less coarse texture. Leave for 10 mins to soak.

2 Meanwhile boil the potatoes for 5 mins, then drain. Heat the oil in a large non-stick frying pan over a medium heat and cook the mushrooms, onion and paprika for a few minutes until softened. Tip in the potatoes and cook for 10 mins, turning the mixture over every now and then. Stir in the tomatoes and leave to cook for 5 mins.

3 The oaty mixture should be very stiff by now. Work in the baking powder and halve the mixture. With wet hands press out half on a plastic chopping board to make a thin disc, like a pancake, then carefully lift it off with a palette knife and cook in a dry non-stick frying pan for 2 mins on each side. Repeat with the other half of the mixture. While the second one cooks, push the potato mixture to the side in the other pan, break in the eggs and cook until the whites are set and the yolks are runny. Serve the oat thins topped with the hash and eggs.

GOOD TO KNOW healthy • folate • fibre • vit c • iron • 3 of 5-a-day

PER SERVING 572 kcals • fat 22g • saturates 3g • carbs 67g • sugars 11g • fibre 11g • protein 21g • salt 0.58g



Crunchy peanut butter & banana pots

For great texture and flavour, peanut butter and banana is always going to be a winning combo. Plus, bananas are a useful source of potassium, which is helpful if you have high blood pressure. Also, eating fermented foods, like yogurt, is good for gut health.

MAKES 6 **PREP 10 mins plus**
cooling and overnight chilling
COOK 5 mins **EASY V**



300g porridge oats
2 tsp cinnamon, plus extra for
sprinkling
2 medium bananas, finely
chopped
80g crunchy peanut butter
500g pot fortified soya yogurt

1 Tip the oats and cinnamon into a large pan. Pour in 1.3 litres water, then bring to the boil and cook over a low heat until the oats are cooked and the mixture has thickened. Stir in the chopped bananas, cook for 1 min, then remove the pan from the heat. Leave to cool

for a few minutes, then stir in 6 tbsp of the soya yogurt.

2 Beat the peanut butter into the remaining yogurt until well combined. Divide half the oat mixture into the base of six glass tumblers and spoon in half of the nutty yogurt. Top with the rest of the oat mixture, then the remaining yogurt mixture to create clear layers. Will keep covered and chilled for up to four days.

3 To serve, dust generously with cinnamon.

GOOD TO KNOW vegan • healthy • fibre •
PER SERVING 356 kcals • fat 13g • saturates 2g • carbs 43g • sugars 8g • fibre 7g • protein 13g • salt 0.33g

THIS IS FOOD AND DRINK. THIS IS WALES.

Wales, a land of rugged coastlines shaped by deep blue sea, flowing rivers, proud mountains, thick green grass and engrained with heritage and culture is home to a rich and diverse food and drink industry



With a deep connection to its landscape, people and culture, Welsh food and drink, alongside majestic castles and ancient hill forts, has made Wales a sustainable food destination.

Eating and cooking with fresh, locally sourced produce is something Wales prides itself on, with many of its traditional recipes created with just a few quality ingredients. The range of food and drink produced is diverse, with regional nuances in flavours, processes and techniques. Internationally renowned chefs seek out Welsh products to serve in their restaurants across the globe, while food and drink producers innovate with quality ingredients, many of which are now available in the Middle East.



Passion and provenance

Like most of what Wales does well, its food and drink is rooted in its communities, shaped by its landscape, and honed by its culture and language. Whether artisan or mass-market, the warmth of Welsh people shines through the quality of what is produced. The abundance of natural resources and outstanding landscapes, combined with a focus on developing new technologies and innovation in food production, creates a place where the traditional is re-imagined by a new generation, whilst staying true to quality and provenance.

From responsible farming and fishing practices to B-Corp accreditation, eco-friendly packaging processes and a fair work ethos - these are just some of the elements that define the industry, resulting in it aiming to become one of the most environmentally and socially responsible food and drink supply chains in the world. Good food begins with good ingredients, of course, and the experience and dedication of Welsh farmers, growers and fishers are testament to that. However, it takes people with imagination, skill and courage to do something amazing with all that raw potential.

With internationally recognised accreditation such as Geographical Indication (GI) status, Wales' ever-evolving food and drink sector continues to innovate, creating award-winning produce. In 2022, 182 food and drink products from Wales won a prestigious Great Taste award from the world's largest and most trusted food and drink accreditation scheme.

Wales will never be the world's biggest food producer with mile-wide wheat fields and palm-oil plantations. However, that is all right because business is booming.

Closer than you think

From succulent Welsh Lamb to delicious dairy products; crackers, cakes and puddings to brilliant beverages, you can find plenty of Welsh produce to whet the appetite. For those working in the industry, the upcoming TasteWales/BlasCymru trade event in October offers an unrivalled opportunity to learn more about the nation's food and drink. More information can be found at tastewales.com.

PGI Welsh Lamb

eatwelshlamb.com

It is with good reason that Wales is rightly famous for its lamb: the perfect combination of centuries of tradition, and a unique environment, resulting in a delicious, premium product, brimming with natural goodness.

Welsh farmers, recognised for the quality of their product, have been using traditional methods for years, working with what nature has given them - grass, rainwater and a whole lot of pride. The wild weather and rugged terrain do not lend themselves to producing many types of food, but Wales' green hills and abundant rainfall create the perfect environment for producing delicious, nutritious and natural lamb.

With high standards of animal husbandry and pastureland management family run farms have helped preserve the unique landscape, with Welsh Lamb having gained the coveted Protected Geographical Indication (PGI) status from the European Commission in 2003.

Snowdonia Cheese Company

snowdoniacheese.co.uk

Founded in north Wales in 2001, Snowdonia Cheese Company is a family business dedicated to producing award-winning cheeses from the finest, natural and fresh ingredients. With Snowdonia's stunning landscapes and lush greenery as inspiration, the company's first venture into cheese making began with a premium Cheddar and Red Leicester. Both cheeses were remarkably creamy and packed with fantastic flavour.

Following the instant success of the cheeses in local markets, the company explored the prospect of making more varieties by introducing different flavours. With the flavoured cheeses winning prestigious awards over the years, it is no wonder that each one has a cult following!

Cradoc's Savoury Biscuits

cradocssavourybiscuits.co.uk

Cradoc's Savoury Biscuits, founded in 2008 by Allie Thomas and daughter Ella, bakes crackers in the foothills of the Brecon Beacons. Produced in a purpose built bakery in Brecon, and with SALSA accreditation, the crackers are baked to the highest standards.

Dedicated to helping the environment, the company uses and supports local businesses, suppliers and wholesalers. From the ingredients to the design and manufacture of the packaging - everything is done on a local level. With many varieties to choose from, the crackers are egg free, nut free, sesame free and palm oil free. Moreover, when it comes to creating new



varieties, Cradoc's is all about experimenting, tasting and innovating with vegetables, fruits, flowers, seeds, herbs and spices, combining bakery craft with artistic flair.

Rachel's Organic

rachelorganic.co.uk

Since 1952, Rachel Rowlands' family has pioneered in organic, using only natural methods on their farm, which became the first organic dairy farm in the UK in 1973. Rachel, with her husband Gareth, took over the dairy farm in 1966 and followed the same traditional farming methods that her mother

and grandmother had taught her - farming the natural way.

Today, Rachel's Organic is based in a purpose-built dairy on the outskirts of Aberystwyth where it strives to deliver the very best taste experience in yogurts and desserts using local British organic milk and the best ingredients that nature has to offer. Available worldwide, the Rachel's Organic range includes organic yogurts and desserts, using rich organic milk and selected organic fruits.



Meat-free meals

Pepper & mushroom socca pizza

This is best made fresh each time, but the base, made with chickpea flour, is quicker to make than a yeasted one. It's also gluten-free and contributes to your five-a-day.

SERVES 2 **PREP** 15 mins
COOK 25 mins **EASY** **V**



1 tsp rapeseed oil
70g mushrooms, thinly sliced
1 pepper, halved, deseeded and thinly sliced
2 tbsp tomato purée

1 garlic clove, finely grated
2 tomatoes, chopped
2 tbsp chopped basil
30g grated mature cheddar
For the base
160g chickpea (gram) flour
1 tbsp rapeseed oil

1 Heat the oven to 200C/180C fan/gas 6. For the base, put the flour in a large bowl. Whisk in 250ml water to make a batter. Heat the oil in a large, non-stick frying pan. Pour in the batter and cook over a low heat for 4-5 mins until set. Loosen with a palette knife or spatula, turn and cook for 1-2 mins on the other side.
2 Meanwhile, for the toppings, heat the oil in a pan over a medium heat

and stir-fry the mushrooms and peppers until soft, about 4-5 mins. Mix the tomato purée and garlic in a bowl with 2 tbsp water, add to the pan, then stir in the tomatoes.

3 Turn the base out onto a baking tray lined with baking parchment. Spread over the tomato mixture. Scatter over the mushrooms, peppers, half the basil and the cheese. Bake for 5-10 mins until the cheese has melted. Scatter with the remaining basil to serve.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • 3 of 5-a-day • gluten free
PER SERVING 481 kcals • fat 17g • saturates 4g • carbs 52g • sugars 9g • fibre 12g • protein 25g • salt 0.3g



Veggie pasta one-pot

Cut down on the washing-up by cooking everything in the same pot here – even the pasta. Adding just a few tomatoes and peppers means you reap a lot of nutritional benefits – half a pepper qualifies as one of your five-a-day and is packed with vitamin C.

SERVES 4 **PREP 15 mins**
COOK 35 mins **EASY V**



- 2 tbsp rapeseed oil
- 3 red onions (370g), halved and sliced
- 2 peppers (orange and green), quartered, deseeded and sliced
- 1 large aubergine (350g), finely chopped
- 4 large garlic cloves, chopped
- 2 tbsp smoked paprika
- 500g passata
- 1 litre hot vegetable stock, made with 2 tsp bouillon powder
- 280g wholemeal penne
- 10g basil, chopped
- 10 pitted green olives, quartered
- 90g extra-mature cheddar

1 Heat the oil in a large pan over a medium heat and fry the onions for 10 mins, stirring often until golden. Add the peppers, aubergine, garlic, paprika, passata and stock. Cover and simmer for 10 mins.

2 Stir in the penne, bring back to the boil, then reduce the heat and cook, covered, for 12-15 mins until the penne is tender. Stir in the basil and olives, then remove from the heat and leave to stand for 5 mins. Divide half the pasta between two plates, and grate half the cheese over the top. *Leave the remaining pasta to cool completely and keep chilled for up to four days. To serve, tip into a pan with a splash of water and reheat over a low heat until piping hot. Grate over the remaining cheese.*

GOOD TO KNOW healthy • low cal • fibre • vit c
• 4 of 5-a-day

PER SERVING 499 kcals • fat 17g • saturates 6g
• carbs 62g • sugars 16g • fibre 16g • protein 17g
• salt 1.4g



One-pan spinach, eggs & tomatoes

This lunch is packed with nutrients and protein. Tomatoes are a rich source of the phytonutrient lycopene, an antioxidant, and cooking the tomatoes helps our bodies absorb it more easily.

SERVES 4 **PREP 15 mins**
COOK 40 mins **EASY V**



- 1 tbsp olive oil
- 2 onions, halved and thinly sliced (320g)
- 4 garlic cloves, chopped
- 1½ tbsp smoked paprika
- 500g passata
- 500ml vegetable stock, made with 2 tsp bouillon powder
- 150g red lentils
- 400g frozen spinach
- 400g can borlotti beans
- 10g basil, chopped
- 2 tomatoes, cut into wedges
- 8 eggs

1 Heat the oil in a large, deep frying pan over a medium heat and fry the onions for 10 mins, stirring occasionally, until softened. Stir in the garlic and paprika, then the passata and stock. Add the lentils and spinach, then bring to the boil, cover, reduce the heat and simmer for 25-35 mins until the lentils are tender.

2 Stir in the beans along with the liquid from the can, then the basil and tomatoes. Remove half the mixture and set aside. Make four gaps in the mixture using a spoon, and crack one egg into each. Cover and cook over a low heat for 5 mins until the eggs are set.
3 Serve half the lentil mixture with the four eggs. *Leave the remaining lentil mixture to cool completely, then keep chilled for up to three days. To serve, reheat in a smaller pan with a splash of water, then cook the remaining eggs as you did in step two, above.*

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • iron • 5 of 5-a-day • gluten free

PER SERVING 476 kcals • fat 15g • saturates 3g
• carbs 43g • sugars 13g • fibre 16g • protein 34g • salt 1.3g



Oven-baked bhajis

SERVES 4 **PREP** 15 mins
COOK 30 mins **EASY V**



80g chickpea (gram) flour
1 tbsp medium curry powder
1 tsp cumin seeds
1 tsp ground turmeric
½ tsp vegetable bouillon powder
1 tbsp tomato purée
2 eggs
1 large carrot, coarsely grated (about 150g)
2-3 onions (320g), halved and thinly sliced
2 tbsp chopped ginger
2 tsp rapeseed oil, plus extra for the tin

For the lemon rice

2 tsp rapeseed oil
150g easy-cook brown rice
½ tsp each cumin seeds, ground turmeric and cinnamon
400ml hot vegetable stock, made with ½ tsp bouillon powder
2 thick strips of lemon peel (from the lemon in the salad, below)

For the salad

70g coconut yogurt
½ lemon, juiced
400g can chickpeas, drained
⅓ pack of coriander, chopped

4 tomatoes, chopped
170g carrots, cut into thin strips or coarsely grated
1 red chilli, deseeded and chopped (optional)

1 Heat the oven to 200C/180C fan/gas 6. Mix the flour with the spices and bouillon, and the tomato purée with the eggs. Toss the carrot, onion and ginger in the flour mix. Add the egg mix and combine, then stir in the oil.
2 Oil a large baking tray. Spoon on 12 neat mounds of batter. Bake for 20-25 mins until golden.

3 For the rice, heat the oil in a pan over a medium heat and fry the rice and spices for 1 min. Add the stock and peel. Simmer for 20-25 mins until the rice is tender and the liquid absorbed.

4 Mix the salad ingredients together. Serve half the bhajis and rice with half the salad. *Cool the remaining bhajis and rice and keep chilled with the rest of the salad for up to three days. Reheat the bhajis at 180C/160C fan/gas 4 for 10-15 mins until piping hot. Reheat the rice in the microwave. Serve with the salad.*

GOOD TO KNOW healthy • low fat • low cal • folate • fibre • vit c • iron • 4 of 5-a-day • gluten free

PER SERVING 480 kcs • fat 12g • saturates 3g • carbs 68g • sugars 15g • fibre 14g • protein 18g • salt 0.6g



Corn, coconut & lentil chowder

Coconut yogurt contains less saturated fat than coconut milk, while still adding creamy texture and lots of flavour.

Lentils, onions and sweetcorn give this dish valuable fibre, which is essential for a healthy digestive system.

SERVES 6 **PREP** 10 mins
COOK 40 mins **EASY V**



1 tbsp rapeseed oil
2 onions, chopped (320g)
4 garlic cloves, chopped
2 red chillies, deseeded and chopped
2 tbsp medium curry powder
2 tsp cumin seeds
2 tsp ground turmeric
250g red lentils
2 litres vegetable stock, made with 3 tsp bouillon powder
600g frozen sweetcorn
600g potatoes, cut into small cubes
280g coconut yogurt
10g coriander, chopped

1 Heat the oil in a large pan over a medium heat and fry the onions for 8 mins, stirring often until softened. Stir in the garlic, chillies, curry powder, cumin seeds, turmeric and lentils, and cook for a few minutes more, still stirring. Pour in the stock and sweetcorn. Bring to the boil, then cover, reduce the heat and simmer for 15-20 mins, or until the lentils are tender.
2 Remove from the heat and briefly blitz the soup using a hand blender – you don't want it to be completely smooth.

Add the potatoes, then cover and return to a medium heat for 10-15 mins more, or until the potatoes are tender. Remove from the heat and stir in the yogurt and coriander.

3 Serve two bowlfuls straightaway. *Leave the rest of the soup to cool completely, then keep chilled for up to four days. Reheat in a pan over a low heat until piping hot.*

GOOD TO KNOW healthy • low fat • low cal • fibre • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 361 kcs • fat 8g • saturates 5g • carbs 50g • sugars 8g • fibre 10g • protein 17g • salt 0.9g



Lemon & spinach rice with feta

Spinach is bursting with nutrients, including vitamin K, which is important for our skin, hair and bone health.

SERVES 4 **PREP 15 mins**
COOK 40 mins **EASY V**



1 tbsp rapeseed oil
2 onions (320g), finely chopped
3 large garlic cloves, sliced
300g easy-cook brown rice
700ml hot vegetable stock, made with 1 tsp bouillon powder
400g frozen spinach
15g dill, finely chopped
1 lemon, zested, ½ juiced, ½ cut into 4 wedges
40g walnuts, chopped
75g feta, crumbled

1 Heat the oil in a large pan over a medium heat and fry the onions and garlic for 10 mins, stirring often until softened.

2 Tip in the rice, then the stock, frozen spinach and half each of the dill and lemon zest. Cover, reduce the heat to low and cook for 25 mins until the rice is tender.

3 Scatter over the remaining dill and lemon zest, the nuts and feta, then gently toss together along with the lemon juice. Serve half of the rice straightaway with two lemon wedges on the side for squeezing over. *Leave the rest of the rice to cool completely and keep chilled for up to three days. Reheat in the microwave until piping hot, then serve with the remaining lemon wedges.*

GOOD TO KNOW healthy • low cal • calcium • fibre • vit c • 2 of 5-a-day • gluten free
PER SERVING 495 kcs • fat 17g • saturates 4g • carbs 67g • sugars 6g • fibre 8g • protein 15g • salt 0.9g



Warm cauliflower salad

Cauliflower is a source of vitamin C, and as a member of the cruciferous family (which also includes broccoli, cabbage, sprouts and kale), cauliflower also contains sulphur-based substances that are thought to help the liver filter toxins and protect against certain cancers.

SERVES 2 **PREP 15 mins**
COOK 30 mins **EASY V**



320g cauliflower, broken into florets
1 red pepper, quartered, deseeded and sliced
1 tbsp rapeseed oil
1 red onion, halved and thinly sliced
1 large lemon, zested and juiced
15g raisins
35g walnuts, roughly chopped or broken into chunks
1 red chilli, deseeded and chopped
15g dill, chopped
For the hummus
400g can butter beans
1 small garlic clove, sliced

½ tsp smoked paprika
½ tbsp rapeseed oil

1 Heat the oven to 200C/180C fan/gas 6. Rub the cauliflower and pepper all over with ½ tbsp of the oil, and roast in a medium roasting tin for 30 mins until tender.

2 Put the onion and all but 1 tbsp of the lemon juice in a non-reactive bowl, and scrunch together using your hands to start softening the onions. Add the raisins, walnuts and chilli, then set aside.

3 For the hummus, drain the beans, reserving the liquid from the can. Tip the beans into a food processor with the garlic, paprika, oil and the reserved lemon juice. Add 2 tbsp of the reserved bean liquid, and blitz until smooth.

4 Spread the hummus over two plates. Toss the roasted veg with the onions, remaining oil, half the lemon zest and the dill. Spoon over the hummus and scatter with the remaining zest.

GOOD TO KNOW healthy • folate • fibre • vit c • iron • 4 of 5-a-day • gluten free
PER SERVING 443 kcs • fat 23g • saturates 2g • carbs 37g • sugars 19g • fibre 16g • protein 17g • salt 0.06g



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GOURMET LIFESTYLE

IN LOVE
WITH
FLORENCE p90



Competitions, p99

In love with Florence

The “Cradle of the Renaissance”, Florence, is an open-air museum that mesmerizes on every level, from history and art to architecture and culinary offerings. Explore the capital city and a lavish stay at the Ferragamo family-owned Hotel Lungarno









Florence or Firenze (in Italian) is the capital city of the Tuscan region, hailed for the unmistakable home of the renowned painter, architect and sculptor, Michelangelo. However, it isn't the only reason tourists are drawn to the birthplace of the Renaissance. The historic centre of Florence, a UNESCO Heritage Site, is a pedestrian-friendly treasure chest brimming with art and architecture, stunning passersby with the glorious Piazza del Duomo, the Piazza Signoria (the focal point of the history of the Florentine Republic), Palazzo Vecchio, Loggia dei Lanzi (the complimentary museum that houses valued sculptures on view during day and night), and of course, the legendary Ponte Vecchio or the Old Bridge, over the Arno River, teeming with jewellery stores and goldsmiths that have been around for centuries.

Steps away on the south bank of the river, the flagship property of the Lungarno Collection offers uninterrupted views of the waters and Ponte Vecchio from suites right on the riverbank. Hotel Lungarno is a restoration of a 16th century grand residence, with a focus on art evident in works by Bueno, Cocteau, Picasso and Rosai. Five-star comforts grace you upon arrival as you're whisked away into a yacht club-like reception area, with Ferragamo-clad staff taking care of the check-in process while you unwind with a refreshing welcome drink before being ushered to your suite.

STAY

Renowned designer and architect Michele Bonan was at the helm of the design renovation, bringing in a refined look with a nod to the nautical theme. Walk into the Deluxe Double River View room and feel a sense of calm as your eyes meet



relaxed silhouettes, natural textures, elegant ivory tones, blue and white striped carpeting, plush bedding and cosy lighting.

The spacious room features an expansive marble bathroom with a bathtub, plush robes and the Salvatore Ferragamo Tuscan Soul range (mini eye cream and lip balm included!). Other amenities include tea and coffee-making facilities, a Nespresso machine, Bose Bluetooth speaker and a complimentary iPad.



CULINARY OFFERINGS

There's no need to step outside the hotel for a fine dining meal, as one Michelin-starred Borgo San Jacopo on the ground floor of the hotel is amongst the city's finest. Artfully plated creations highlight the authentic flavours and ingredients of Tuscan and Italian cuisine, with a contemporary twist, accompanied by grape pairings that enhance each dish. The sleek dining room setting with river views, minimalist décor with white and grey mineral hues, intimate ambience, and a star-lit ceiling, was inspired by 1950's glamour, the Italian "new deal" and the "Made in Italy" movement, closely knit with the creativity of Salvatore Ferragamo.

Chef Claudio Mengoni presents a seasonal tasting menu as well as an innovative à la carte menu led by local and seasonal ingredients, taking diners on a culinary journey starring sublime creations such as the Oxtail tortelli submerged in broth with chard, diced pears that add a touch of sweetness, and a moreish Castelmango fondue poured into each pasta shell. Fish enthusiasts can savour the tender Tuna belly served with pumpkin millefeuille, hazelnuts for texture, and a delightful coffee and orange sauce that balances the richness of the belly, while those who prefer going down





the meat route can relish the crisp coated Pigeon breast and thigh with chestnuts, persimmon and borettane onions. Sommelier Salvatore Biscotti has a wealth of knowledge to help you navigate the extensive list of over 900 prestigious labels. If you are looking for alcohol-free alternatives, expect to be seriously impressed by the quality of bottles on offer.

The riverside Picteau Bistrot Bar and Borgo San Jacopo dining rooms are open for a breakfast buffet spread featuring pastries, cold cuts and cheese, alongside a concise menu of egg specials and nourishing bowls. A serene spot to begin the day with coffee and freshly squeezed juice, before venturing out to explore the Oltrarno neighbourhood flanked with quirky boutiques and antique shops.

MAKE A RESERVATION

Room rates from Euros 495 (approximately AED2,000) per night. Visit lungarnocollection.com/hotel-lungarno for more information.



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The best places to eat and drink while meandering the cobblestone streets of Florence

ALL'ANTICO VINAIO

With over 32,000 reviews on Google, there's a reason this sandwich brand - that has three curbside sandwich shops right across each other - attracts crowds willing to queue for 45 minutes to an hour! The menu is straight forward with a selection of sandwiches served in an incredibly large Schiacciata (thin, crisp exterior, chewy Florentine flatbread). Try the Favolosa (Sbriciolona salami, cream of pecorino cheese, cream of artichokes and spicy eggplants), Beatrice (Beef carpaccio, stracchino soft cheese, cream of truffle and rocket leaves) or vegetarian and "historical" options.

allanticovinaio.com

ANTICO RISTORO DI CAMBI

If there's one dish meat lovers need to try before leaving the city, it's the Bistecca alla Fiorentina (beefsteak Florentine style); an Italian steak typically from Chianina cattle - an ancient Tuscan breed prized for its flavour-packed meat. Usually sold per kilogram, this rustic eatery that features a counter with all the fresh cuts, a cellar and a garden, is one of the local's go-to spots for the exceptionally grilled succulent steak. It's only served rare - don't dare to ask for any other cooking temperature! Other unmissable dishes include the Tagliatelle with wild boar, Ribollita (Tuscan bread soup) and succulent Ossobuco alla Fiorentina.

anticoristorodicambi.it

MERCATO CENTRALE FIRENZE

This large indoor food hall features artisan food producers selling everything from crisp, fresh wood-oven baked pizzas to pasta, fried zucchini flowers, gelati, Italian pastries and more. Look for multiple bars across the venue serving classic Italian concoctions and grape varieties.

mercatocentrale.com/Florence

SERGIO POLLINI LAMPREDOTTO

This sandwich cart is one of the most traditional spots in the city, having been in the same square for 23 years. Featured on various food television channels, the menu here is simple, with Sergio and his son Pierpaolo serving the typical Florentine dish, Lampredotto (tripe sandwich) with a traditional green sauce, or for the purists, seasoned with just salt and pepper.

tripperiapollini.com

VIVOLI

Florence's oldest gelateria dates back to 1930, with the family producing homemade ice creams with high-quality natural ingredients for four generations. Nestled in the historic centre, gelati is served only in cups, in flavours such as pistachio, rice pudding, hazelnut, pear, eggnog and custard, to name a few. You can also order a selection of cookies, tarts, pastries and an affogato.

vivoli.it



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DINING VOUCHERS AT KA'AK AL MANARA, WORTH AED1,000

The Lebanese Bakery and Café, Ka'ak Al Manara, offers a chance to dine at the all-new venue on Al Wasl Road. Whether you're looking for Lebanese street bread, traditional Lebanese mezze or salads and homemade dishes, the venue offers a wide selection of Arabic and French flavours. Don't miss the idyllic views of Dubai's iconic landmark, Burj Khalifa, to marvel at while dining. Five winners can win an AED200 voucher each.



BRUNCH FOR TWO AT NOHO BAR & GRILL, INTERCONTINENTAL RAS AL KHAIMAH RESORT & SPA, WORTH AED650

Discover the newly launched Saturday brunch at the New York-inspired NoHo Bar & Grill, with an unlimited buffet and house beverages. From an oyster bar and seafood buffet to wood-oven pizza and a cheese and dessert cellar, transport to the urban streets of Manhattan accompanied by laid-back beats by the DJ and a live Saxophone player.



SHOPPING VOUCHER AT THE CAKE BOUTIQUE BY WALDORF ASTORIA, WORTH OVER AED600

The luxury online dessert shop led by cake artist, Beth Lauren, offers a collection of exquisitely crafted delicacies made from sustainable, seasonal ingredients. Indulge in the premium Lotus Biscoff Cake (served 16 people) featuring a cinnamon-flavored vegan sponge, Lotus ganache, as well as ivory-whipped lotus plant-based buttercream fused with a velvet Lotus sauce and biscuit pieces, or try a selection of bakes to relish with family and friends.



AFTERNOON TEA AT EUNOIA BY CARINE, WORTH AED600

Eunoia by Carine by Chef Izu Ani welcomes diners to experience its afternoon tea at the Hyatt Centric Hotel, Jumeriah 1. The curated menu features a series of freshly made hand-crafted treats that include Lemon meringue éclair, Salmontini Scottish smoked salmon, Hazelnut flan with pear confit, accompanied with Newby tea and Boon coffee. Three winners will receive a voucher worth AED200 each, to explore the afternoon tea with a plus one.



BUSINESS LUNCH AT FI'LIA, WORTH AED500

Experience a three-course menu starting with sumptuous starters, followed by a choice of mains such as the Margherita pizza, Due Cacio e Pepe pasta or the Feta seabass. End on a sweet note with the Fi'liamisu or the Gelati served with almond and hazelnut crumble. Five lucky winners can experience the business lunch deal priced at AED100 each.



DINING VOUCHER AT CARNIVAL BY TRÈSIND, WORTH AED500

Inspired by a myriad of cultures, Carnival by Trèsind invites you to explore a selection of culinary delights influenced by modern Indian cuisine. Stand a chance to travel through a nostalgic gastronomy experience with a seasonal menu filled with mouthwatering delicacies.



DINING VOUCHER AT RÜYA DUBAI, WORTH AED500

The newly-opened Rüya Dubai offers traditional Anatolian cuisine with a touch of modern elements. Located at The St. Regis Dubai, The Palm, embark on a fine culinary journey, from the shores of the Mediterranean to the banks of the Black Sea, against the idyllic backdrop of the Arabian Gulf.



DINING VOUCHER AT LEVEL 43, WORTH AED500

Enjoy breathtaking panoramic views, live entertainment, and signature beverages at Level 43, Four Points by Sheraton Sheikh Zayed Road. Ideal for the season, make your way to the rooftop terrace for an unforgettable nightlife experience.



To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

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